



THRiiVE.com Summit #13

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V1.2



Left to right: Scott Forsgren, Garry Gordon, Lee Cowden, Anju Usman, Teri Arranga, Sarah Courchaine, Roy Dittmann, Gary Samuelson, Dana Gorman, Daniela Deiosso, Dietrich Klinghardt, Keith Morey, Chris Shade, Robert Slovak, Tom Bader

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Several of the presentations have supporting videos which can be found [here](#).

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Dr. Chris Shade PhD - Glutathione as the Central Mediator in the Combined Dis-Ease of Toxicity, Chronic Infection, and Inflammation

(<https://www.youtube.com/watch?v=YTkrlJSWmb4>) kicked off the event with his talk. Dr. Shade is the head of [QuickSilver Scientific](#), a laboratory specializing in mercury speciation analysis and detoxification of heavy metal toxicity. They have a number of advanced liposomal formulations that support the detoxification process.

We need consensus around antioxidant vs. pro-oxidant therapies. Why would they both work? Why would they both do the same thing? People talk about ROS, or Reactive Oxygen Species, but not about RNS, or Reactive Nitrogen Species.

He mentioned the book [Redox Signaling and Regulation in Biology and Medicine](#) as a good resource for information on redox. Proteins and enzymes involved in detoxification are at the core of the problems we have with our health. We need to clean things up and get them back online and working again.

Options such as ASEA, ozone, and peroxide therapies have been around but not really come to the forefront until recently. Some plant-based antioxidants have pro-oxidant characteristics that create free radicals that allow things to happen. Pro-oxidants like chlorine dioxide (CD) distribute into many different things in the body.

The peroxy radical is a damaging thing. When we take pro-oxidants, we are not taking just one specific thing. Ozone therapy for example reacts with blood lipids and other substances in the body and the products of ozonation is what is doing the job. Detoxification is mostly an antioxidant system.

Metal Resistance – Mercury, Cadmium, and Arsenic. Glutathione (GSH), Glutathione S-Transferase (GST; phase 2 enzyme that moves metals off of cellular proteins and onto glutathione such that the transport proteins can then move them out), and transport proteins are all involved in metal detoxification. Then you can get rid of the metals and xenobiotics.

Detoxification consists of Phase 1, Phase 2, and Phase 3. Phase 1 is oxidative activation. Phase 2 is conjugation. Phase 3 is transport. Phase 1 – cytochrome P450 makes free radicals. Estrogen free radicals in phase 1 are linked to breast cancer. You need to then move phase 1 into phase 2. Metals are already free radicals and don't need phase 1. Phase 2 makes things water soluble. Cholestyramine is able to grab conjugates from the bile such that they are not reabsorbed via enterohepatic recirculation. Chitosan has similar characteristics and is a natural Cholestyramine. There is a genetically low expression of phase 2 in people that accumulate metals and toxins in the body.



It is suspected that people with prostate cancer have issues with GST. When they went into the tumor itself, GST promoter genes were turned off and no GST expression was found in the tumor. Toxins are found in tumors. Some suggest that the toxin created the tumor, but the tumor also stops detoxification which leads to an accumulation of toxins.

Phase 3 is the transport out. cMOAT, OAT, MRP1, MRP2, GS-X. It is an inverse pyramid from phase 1 to phase 3 which phase 3 being the smallest. Liver, intestines, and kidneys have the highest number of transporters. Oxidative activation (phase 1) -> glutathione conjugation, sulfation, and glucuronidation (phase 2) -> transport proteins (phase 3). Magnesium is very important in detoxification. Phase 1 and Phase 2 occur in the cell; Phase 3 is transporting out of the cell. Phase 1 and 2 are not only happening in the liver; they happen in all cells.

Inflammation in the small intestine leads to a negative feedback loop that slows down the rest of the process. Phase 1 does not slow down, however. Inflammation can be induced with LPS (lipopolysaccharide; cell membrane of gram negative bacteria) which turns down detox genes in the GI tract. Everything turns down. When we block the liver/GI route, the load gets transferred over to the kidneys. This can lead to "pee-tox" which is excessive urination and kidney damage. LPS and heavy metals are the best ways to damage the kidneys. Mice injected with mercury or LPS did not have problems, but when the two were combined, it was a significant stress on the kidneys. The transports for hepatocytes through the gallbladder into the GI tract get turned off with inflammation. MRP3 stays open and goes back to circulation and the kidneys pick up the slack. If the kidneys are not functioning well, look to the GI tract. The system draining from the liver to gallbladder to GI may be blocked. Metals have a modulating effect on inflammatory response to LPS. With mercury, you get only the pro-inflammatory response.

High ammonia can also be a factor leading to "pee-tox", as can ADH (anti-diuretic hormone) generation. Anju Usman commented that high oxalate load in kids with autism is involved in dumping. Oxalates can be corrected with biotoxin-specific binders and DIM in some cases. Dr. Cowden mentioned that oxalates are elevated in fungal overgrowth. Giving things that increase Cytochrome P450 without increasing conjugation is a practitioner mistake. In other words, you don't want to support Phase 1 if Phase 2 is not adequately supported or you make the situation worse. Milk thistle can lead to a 700% increase in CP450 which may lead to more toxic effects if Phase 2 is not working. Dr. Klinghardt mentioned that the oxalate issue is huge in autistic (ASD) children. We are exposed to nano-aluminum in the environment. The average American has 100-200 times the aluminum in the blood than any other metal. Plant research has shown that there is an upregulation of oxalates when exposed to aluminum. With aluminum detoxification, the oxalates come down. Silica is a good option for aluminum detoxification and Dr. Klinghardt uses a liposomal silica called BioSil.

Dr. Usman mentioned that calcium dysregulation and oxalates are a big issue. The calcium does not go where it needs to go. There is a connection between sulfur and oxalate detoxification. CBS upregulation impacts the whole pathway. Down Syndrome upregulates CBS which creates sulfite toxicity. Dr. Cowden asked if this was also seen with SUOX. They don't see SUOX often but CBS is upregulated in inflammation, lead, and aluminum functionally even if you don't have the SNP. Dr. Cowden mentioned that when someone has a SUOX pattern, you can do the LED for sulfa drugs and that often resolves the issue.

There is an Antioxidant Detoxification Protein Repair Supersystem that is dominantly thiolic enzymes and proteins. Vitamin A, C, E work in the body by getting into the body's own network of antioxidants which is much more powerful than what you can bring in as a supplement. Metals bind to sulfhydryl groups on glutathione. Enzymes in the glutathione system are more important than glutathione itself. Exogenous A, C, and E and endogenous glutathione, CoQ10, and SOD. Green tea, pine bark, acai are plant compounds that stimulate the supersystem. They are not really antioxidants. Sulfur compounds like garlic have strong free radical activity.

Glutaredoxin – thiol groups are very reduced and sensitive to oxidation. Covers active thiol sites during oxidative stress situations to protect them.

Mitochondria were bacteria. They create free radical reactions and reactive oxygen species (ROS). Inside is the most reduced part of your cells. There are special enzymes to handle bursts of free radicals; more susceptible to mercury, cadmium, and arsenic. Metal toxicity leads to damaged mitochondria. Autism sees a more oxidized glutathione pool in the cytoplasm; worse in the mitochondria. Dr. Cowden commented that you have bad mitochondria if you cannot produce enough CoQ10 which deteriorates as a result of environmental toxins. ASD children accumulate toxins faster than the average person.

If a mother is poisoned, the child has a diminished glutathione system that will remain that way. All mitochondria come from the mother. The more damaged her mitochondria are, the more the child will be impacted.

In terms of detoxification, Phase 2 and Phase 3 support the removal of free radical generating offenders. There may be glutathione breakdown or deficiency from genetic, epigenetic, and environmental factors. GST is impacted by the same factors. Phase 3 being blocked leads to everything else being blocked.

Glutathione levels and enzyme activity decline with age. Upregulate catalase and peroxidase to accommodate this. Antioxidants go down which leads to higher redox potential and oxidation.

You decay much faster with glutamate which leads to peroxynitrate free radicals and advanced inflammation in the brain. Birds that eat fish and mercury had neurotoxic lesions at glutamate receptors.

There was a frog study where 2 populations had ½ of the frogs exposed to mercury. The frogs had babies. They then took the second generation and exposed both populations to mercury. With the second generation being exposed to mercury, ½ of them died. There is a generated susceptibility. Now we have the 3rd generation of the US population with dental amalgams and we are all part of the experiment.

Dr. Cowden mentioned Pottenger's cat study. Cats were given a junk food diet but when given a clean diet, they recovered. They gave junk food to the kittens that became ill but also recovered with a clean diet. The kitten's kittens did not recover when they were given the clean diet.

Hamsters exposed to mercury in utero did not develop the antioxidant system as they should have. Similar logic could impact response to vaccinations. Dr. Cowden mentioned that methyl and ethyl mercury cross the blood-brain barrier more than metallic mercury. Dr. Shade suggested that amalgams lead to vapor into the lungs and directly into the brain. Ionic mercury does not cross the blood-brain barrier but is most cellularly damaging. Elemental mercury breaks down to inorganic. Inorganic mercury is much harder to get out of the brain than methyl mercury which flows in and out of the brain more easily. There may be a case for over-supporting methylation.

When glutathione levels go down, the immune system goes down. You become more Th2 dominant (allergic, food-sensitive, and more viral). Interferon correlates to levels of glutathione. Dr. Usman noted that NK cells also correlate to levels of glutathione.

Toxicity leads to immune dysregulation with lower Th1 and raised Th2. This leads to chronic inflammation and chronic infection which leads to further depression of detoxification and to vascular permeability and significant illness.

We want to turn on detoxification. If you are born with mercury, you have impaired glutathione which makes you more susceptible to the toxic soup that we all live in even though the mercury is not the main issue at that point.

Phytogenomics is the use of plants to upregulate good proteins in the body. Polyphenolic compounds such as pomegranate. Sulfur compounds and pro-oxidants. Nrf2 travels into the nucleus and leads to more glutathione, SOD, etc. Polyphenols may be Epicatechin/EGCG, Ellagic Acid from pomegranate, Haritaki (several phenolic antioxidants). Haritaki leads to young rat antioxidant enzymes in old rats. Dr. Klinghardt mentioned that Haritaki is also a biofilm breaker and an ideal herb for many things. Dr. Shade uses these more than sulfur as they are better tolerated. Chinese medicine uses Haritaki to rebuild the gastrointestinal tract. It is also part of Triphala (Trih-phuh-la).

Teri Arranga asked about cautions related to biofilms. Dr. Usman indicated that we don't want to go "willy nilly" into breaking up biofilms. Underneath the biofilms are toxins, heavy metals, and microbes. As they get released, there is an inflammatory cascade. You need to have detoxification and antioxidant systems in place first. You want to fix the antioxidant system and then start opening the nest.

Nrf2 goes up with ozone therapy and hydrogen peroxide. It also goes up with phytochemicals, ROS, RNS, RSS, DMPS, and DMSA. DMPS and DMSA may be helping people by increasing Nrf2 and not because they are addressing metal toxicity. Some seem to get better with these compounds even when there was no sign of metals coming out.

Hormesis was a new concept for many and means that you do something to irritate the system until the system bounces back to clear out the threat. Suffering may be why we stay alive.

Sulfur compounds: garlic kills things and free radicals impact Nrf2. Most toxic people can't process sulfur correctly. When it is stuck as sulfites, give molybdenum, biotin, and Vitamin B1. BioPure The Core assists with both KPU and SUOX. B6 can upregulate CBS. Sulfur is stronger but not well-tolerated by some.

Ozone therapy is a mild oxidative stress which leads to a response from the cell to clean everything up. What if the mechanism is not working? Ochratoxin for example is an Nrf2 inhibitor. If they knock out Nrf2 and expose mice to hyperoxygen, it does not go well. Chlorine dioxide, hydrogen peroxide, etc. may not do well if the switch is broken; you have to nurse them back up.

DIM is cancer protective; part of the broccoli family but not a sulfur. It may help with natural function when giving a hormetic stimulus. Things should be pulsed. Hormetic irritants are not supposed to be daily things. This may be a reason that the chlorine dioxide protocols can be a problem for some people. Nrf2 may not be working as you are pouring in pro-oxidants. When there is a constant dose for too long, this stops the hormetic response. Dr. Cowden found that if you go longer than 12 days on any specific thing, people do not do as well and incorporated this concept into the Cowden Support Program. The consensus seemed to be 10 days. Dr. Dittmann mentioned that 10 days on; 4 days off when doing parasite treatment was a teaching from early mentors. A hormetic irritant tells the body to shift gears and go into house cleaning mode.

Dr. Cowden suggested that when you do turn the switch on, you get rid of bugs and toxins. Sick mitochondria in the cells lead to sick cells. If you do something to cause the sick mitochondria to die, you replace them with healthy mitochondria.

Dana Gorman mentioned that some use chlorine dioxide and herbs to kill parasites. They initially look good but seem to hit a wall and instead of supporting the system, they do more CD rather than stopping.

There are a few main things to move metals out; specifically Mercury, Cadmium, and Arsenic. Phase 3 is clearance/transport. Phase 2 pulls the metals off the cells. Phase 1 is glutathione. Phase 3 is supported with Intestinal Metal Detox (IMD; also known as MicroSilica). These are silica with sulfhydryl groups and are not absorbed. 1 scoop of IMD has the binding potential of 100 tablets of chlorella. Binders don't all do the same thing; they have their own personalities. Clays and zeolites (super clays) don't bind metals well. Carbon does not have sulfhydryl groups. Alginates and pectinates are more immunomodulatory to calm the immune system which helps the transport system to work again. Chlorella has lots of binding types; chitosan and Cholestyramine bind bile salts. He likes bitters to drain the gallbladder. If you have cholestasis (slowed or blocked bile flow), don't try to move the toxins. Peristalsis is related to bile salts contacting the intestines; this can also be involved in constipation. Dr. Garry Gordon noted that beta sitosterol is similar to Cholestyramine and may help lower LDL and triglycerides.

Binders are binding the bile salts (which contain toxins). Otherwise these toxins are reabsorbed in the gut and not excreted. 1 gram of IMD can hold 200mg of mercury.

You can upregulate Phase 2 with R-Lipoic Acid (sulfur), Vitamin C / R-Lipoic, EDTA / R-Lipoic, Clear Way Cofactors (Haritaki, Nattokinase, Pine Bark, Bacopa (neurological detox)). Bacopa is great for ADD. Alpha Lipoic has both an R and S form but the switch is only turned on by the R form. Phosphatidylcholine is one of the most healing substances and is abundant in the body. Liposomals can be used to help rebuild membranes. Liposomal glutathione leads to an increase of 100x more intracellular glutathione than IV glutathione. In terms of soy vs. sunflower, it doesn't really matter as long as it is high quality. Shade has a mix of soy and sunflower in his products depending on availability of raw materials. QuickSilver products may not be from GMO-free source, but the components of the soy are not in the resulting phosphatidylcholine.

GABA with L-Theanine is often felt very fast. It counters the overexpression of the glutamate system. GABA can be used first to settle down the system and then give a relevant dose of a detoxification or antimicrobial remedy.

Dr. Cowden mentioned that in Borrelia, there is a splitting of glycoproteins in the brain to produce energy for itself; ammonia is a byproduct. Ammonia with GABA could lead to more glutamate which may be a concern. Dr. Garry Gordon mentioned that zeolite stops the ammonia smell in animal farms. There are two zeolites that are legal; others may be breaking the law if they are not GRAS.

Dr. Klinghardt mentioned a professor at the University of Cologne; gets zeolite from Cuba. Works like an extraction agent of ammonia from the blood. Zeolite does give off aluminum in the gut and thus should always be used with an aluminum binder such as chlorella or silica. Ammonia production can be stopped with galactose. Galactose helps at the level of the formation of ammonia in the brain. For an adult, 5g (1 tsp) twice daily for 160 lb. person.

We want zeolite in the GI tract; not floating around in the body. Robert Slovak mentioned that it was not clear if zeolite enters the bloodstream or not.

Dr. Klinghardt stated that it was published that aluminum is released from zeolite in small amounts. Dr. Cowden suggested that most chronically ill people have very low hydrochloric acid which may result in lower release of aluminum from the zeolite. Dr. Gordon mentioned that zeolites from Croatia have helped some with cancer when used at a large dose of 1 teaspoon every hour for 12 hours per day.

Zeolite is a super clay. Aflatoxin sticks to clay and zeolite beautifully but not so well to carbon. Pectins and alginates don't bind metals or chelate, but they restore the GI tract so that your natural chelation system turns back on and starts to work.

Just because you see the metal load going down, doesn't mean you have a chelator. Arsenic is a concern in many types of zeolite; one should always ask.

Nephrons are for life. Dr. Klinghardt suggested that looking for things that increase urinary output of something is the wrong place to look. Zeolite carries things out in the poop.

Dr. Shade mentioned Soluna Renelin and Ayush Rentone as good kidney support products. They normalize urine to blood ratio of mercury and make it easier to detoxify. Normalizing gut function first is a key. Mercury amalgams can be a negative impact on the gut as well. Also need to address parasites and fungi.

Dr. Cowden asked about using colostrum to help reduce inflammation and heal the GI tract and change the immune system in the GI tract. He likes Sovereign Labs.

Dr. Klinghardt mentioned that most digestive, nervous, and other systems shut down from metals. In some cases, you have to start by getting the metals out as they can be causing the shutdown. The kidneys need to be working properly. Cystatin C is a newer marker for kidney function. Saliva pH should be more alkaline than urine pH showing that the kidneys can bind to acids and detoxify. The patient must be pooping before you start any detoxification; even if this is artificial with a daily colonic. Otherwise you shunt to the kidneys and destroy the health of the kidneys.

1 IV of Calcium EDTA per month would possibly keep people from ever needing dialysis shared Dr. Garry Gordon. Babies are a toxic dump site; every child at birth has 1000-2000 times more lead in their bones than before the Industrial Age. Detoxification is a lifetime program. If you were have lead-free air and lead-free food, etc., it would still take 15 years to detoxify the lead that is stored in the bones as it takes that long for the bones to remodel.

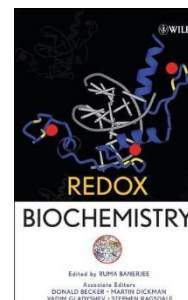
Lead, cadmium, and mercury are the ones that impact the kidneys the most. "Pee-tox" is when you have overdone something and are peeing too much. It would make sense to focus on the liver/GI detoxification. Stop the thing you were doing and try to reopen the liver, gallbladder, and intestines. Dr. Shade suggested bitters. Keith Morey suggested a liver/gallbladder flush.

Dr. Klinghardt felt that the liver/gallbladder flush is generally safe if you have enough binders on board. Chlorella shifts the metal output from the kidneys to the poop. Zeolite and IMD are the best binders we have today. Parasites extract metals from the system but the strong antiparasitics release metals which can stress the kidneys. Doing rectal antiparasitic treatment first is a better option to start the process. When the kidneys are in trouble, give binders and kidney support. Gallbladder flush can be a fantastic tool but only after bringing binders on board 24 hours or more in advance. Dr. Cowden mentioned that there associated emotion is anger. If you release the anger, the flush will be more productive. For a child, do an emotional release session on the mom. The mom then tells the story of what she did to the child after the child falls asleep that night.

Dr. Gary Samuelson PhD – Applications of Redox Biochemistry in Health and Ageing – spoke on Redox (REDuction/OXidation) and its applications in improving health. A significant portion of this Summit was on the topic of Redox.

Dr. Samuelson is an atomic physicist. He works with a salt water complex that contains reactive oxygen species (ROS) but has absolutely no toxicity. Three generations ago we were looking at cell structure and DNA structure; now we are looking at epigenetics. There are signaling messengers in the body that make everything happen. He suggested the book *Redox Biochemistry*. Redox signaling is an exploding field of science with numerous books, journals, and conferences. Earlier work around nitric oxide earned the researchers a Nobel Prize.

Dr. James Watson – the most important work since the double helix (DNA) is the role of reactive oxygen species as an elixir of life and deadly force against highly stressed cells. He



has suggested that ROS can delay, if not prevent, Type 2 diabetes, dementias, cardiovascular disease, and more.

Redox signaling is the secret of life. Tissues are made of cells; cells of complex molecules; and these molecules are situated in salt water. Water and salt interconnects all of the fields. It conducts the orchestra, creates a harmonious orchestration of life, and regulates intracellular molecular machinery. Redox signaling fundamentally influences pathways for oxidative stress, enzyme production, blood flow regulation, and tissue regeneration. It mediates repair and replacement signaling.

Salt and water – sodium chloride and H₂O to produce hydrogen peroxide, superoxide, hypochlorite ions, and more than 15 other molecules. The weapon of choice of the immune system are redox signaling molecules. They support the body in killing bacteria and research suggests they kill everything that they have been tested against; including MRSA and viruses. There has not been anything that has been found to live over 30 seconds. The life of superoxide in the cell is 15 millionths of a second; hydrogen peroxide 20 thousandths of a second. Redox signaling controls the pathways through the vital fluids. It is important for pathogen detection. The innate immune system is regulated by ROS inside the cells. It regulates mitochondrial respiration; superoxide goes to hydrogen peroxide. There is a constant recycling of oxidation and reduction inside the cells.

When glucose goes up, hydrogen peroxide also goes up. Insulin secretion is regulated in part by hydrogen peroxide. ROS regulates insulin production and insulin resistance. In healthy cells, the mitochondria produce ROS and electron donors.

These ROS molecules have been stabilized and put into a bottle in a product called ASEA. It is the same concentration of molecules that are found inside the mitochondria. They initially explored the creation of an antimicrobial but accidentally created ASEA instead. The product can last in the bottle for 2 years.

One of the components of ASEA is a hypochlorite complex that lies on the NMR spectrum between sodium hypochlorite and salt water. It is probably a hypochlorite superoxide complex.

In terms of the effects of redox on in vitro cell cultures, there has been no toxicity or inflammatory markers; enhances glutathione and SOD. It accelerates the death of damaged cells by apoptosis in irradiated cultures. The damaged cells went away and there was a proliferation of healthy cells. It may increase hormonal sensitivity and reverse senescence in aging cell cultures.

ASEA may be the magic switch. It does not activate cytokines but activates Nrf2 inside the cell. May upregulate antioxidant production. Glutathione and SOD production increases have been validated. It has a 100% kill of bacteria and viruses in under 30 seconds while having no impact on beneficial flora. Dr. Garry Gordon mentioned that ACS 200 silver has similar antimicrobial properties and also creates no problem for intestinal flora.

Insulin resistance is reduced in vitro. Mice run 29% longer to exhaustion. Lipid peroxidation and glutathione oxidation are decreased. The response to the oxidant is to produce antioxidants. In human studies with over 160 participants, there were significant changes in 60+ metabolites. The half-life in the blood is 17 minutes, but metabolite changes are seen up to 24 hours later. Over 100,000 people use ASEA. It is hypotonic; electrolyzed salt water.

One lady had a bleeding finger that was dipped into ASEA that stopped bleeding immediately; the pain also resolved. The cut healed within minutes. In third degree burns, there has been a reversal of blistering. Other burns often resolve as well.

For an athlete, 4 ounces twice daily is often used. There is an 8% advantage with EPO (which is not allowed in sports) vs. a 12% advantage with ASEA. May help support detoxification.

ASEA is close to NuSkin in terms of successful MLM companies. They have been around for 4 years and have no debt. It is a new MLM opportunity with the introduction of the skin product RENU 28. Dr. Gordon said you don't

have to sell at all; you just take orders. They use pharmaceutical grade salt and the water is passed through RO twice and distilled. They do regular testing for any metal contaminants.

It is best to refrigerate the ASEA liquid. 30-40% report benefits in 30 days; 60% in 60 days; and 90% in 90 days.

Two ounces twice daily is good for maintenance; 8 ounces twice daily is the maximum amount that would produce any additional benefits.

Dr. Klinghardt mentioned a patient that was a hopeless, terminal Lyme patient that was not able to follow any protocol and is now fully recovered after 4 years. Was using 1 full bottle per day. He recently consulted with her and was surprised that he could not find any detectable heavy metals in her.

ASEA may be helpful for eyes, ears, nose, mouth, etc. May modulate the immune system. May help with regeneration of heart tissue. Detoxification, burns, blemishes, stopping bleeding, antimicrobial, hormone receptors, tissue regeneration, unclustering red blood cells, supporting the lungs, enhancing retinal antioxidants, and more.

One should not have anything 10 minutes before or after ASEA. RENU 28 is five times stronger than the liquid. With the liquid, may want to use in a pulsing manner to reset the body; 8 ounces twice daily for 3 days then 1 ounce daily or similar.

Someone at the event mentioned that nebulizing ASEA has been helpful for some as it gets into the brain in a different way.

Dr. Klinghardt mentioned the use of ASEA in children. Parents that had kids crashing on chlorine dioxide went to ASEA and it pulled the kids out of the crash and put them on higher ground. Dr. Klinghardt uses CD rectally only as an enema and rarely orally. Some people do a rhythm between oral and rectal CD and balance with ASEA. ASEA alone is not a strong antiparasitic though does seem to help with Lyme, viruses, Mycoplasma, etc. It won't be a matter of either or, but rather both.

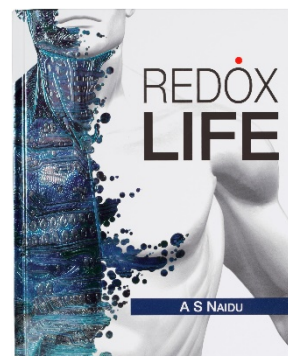
ASEA mediates processes and mechanisms that restore functionality and health.

Dr. Garry Gordon MD, MD(h) – Redox Signaling and Cellular Rejuvenation – (<https://www.youtube.com/watch?v=sKdGEEd-m2tQ>) – wants to be known as “Doctor Detox” rather than the “Father of Chelation”.

Mitochondria are a target for environmental toxins. The amount of lead in the body is a predictor of health and death.

Dr. Gordon recommends the book *Redox Life* by Dr. Naidu. Oxidant antioxidant balance is where it's at. ROS are signaling molecules that are required to promote health and longevity. He likes it when cells that are not doing their job right decide to commit suicide (apoptosis).

Antioxidants can have an adverse effect on human longevity. You can extend lifespan by increasing oxidative stress. Marginal cells can decide to disappear or come back ragingly beautiful acting as though they are much younger. A 400% increase in glutathione might be helpful if you lived on a poisoned planet. Autophagy is self-cleaning. ASEA may upregulate the production of SOD which is a signal to the body to do some self-cleaning. SOD is the major player in turning on autophagy.



Transmembrane potential can be improved using PEMF. It is possible to get a Herxheimer-like reaction to ASEA.

There is more than 10,000 times more calcium outside the cell than inside. 100s of IVs won't do anything to bone lead; 6 months later, you are just as poisoned as when you first started. Don't ever stop; detoxification is daily and lifelong.

ASEA may impact NF-κB and stop the inflammatory cascade. It also has a wonderful effect on the skin but stops when you stop using the product. KAQUN is a stabilized oxygen product; ASEA has stabilized a bigger family. Drinking and bathing in KAQUN has reversed some cancers.

A video on the new ASEA RENU 28 skin product is available at <http://www.renuvideo.com>.

Dr. Gordon mentioned research that is being done by Craig Venter in the area of delivering vaccines using frequencies. He also shared the book *Creative Destruction of Medicine* by Eric Topol.

Dr. Cowden mentioned that glutaraldehyde is used to clean instruments such as after colonics and that it can induce cancer. Dr. Klinghardt mentioned that liposomal silver had up to 200x more killing power in a study. 1 of 24 people that are in a hospital will come home with antibiotic resistant infection. People code do ozone insufflation to optimize health.

Dr. Klinghardt mentioned that reduction is donating electrons and oxidation is taking them away. There is an exchange of electrons. Anything that makes this exchange smoother is in the realm of redox. Going barefoot is the easiest way; being in the sun; grounding pads are all redox. Exercise and deep breathing. Autistic kids get stuck somewhere. The trouble with chlorine dioxide is there is never a stopping point; the idea that you give it forever is from the onset a concern. When you give a medical drug forever, you know you failed as a physician. CD may be a wonderful help for a period of time, but there may be side effects from the very thing that was helpful for a given period of time. He likes what Kerri Rivera has done, but suggests it should be tried rectally first and then only shortly for a limited time. When adverse reactions occur, it is either a microbe dying or the patient dying. It is a fine line that is often missed. May want to consider a 3 month trial and then stop; 10 days on 4 days off. Generally never good to use CD longer than 3 months. You stop at the 3 month mark and see what else is needed. ASEA, KAQUN, and earthing pads make everything more fluid and forgiving.

Dr. Cowden has observed that CD starts off good but then becomes problematic. Drainage remedies, lymphatic support, pooping, etc. are all needed. Don't go higher with CD until you are doing all of these things. If you do those and don't see changes, then you need to stop.

Robert Slovak mentioned that 70% of CD becomes chlorite and is regulated to 1 part per million as it is a recognized neurotoxin and can cause anemia. Children are being exposed to chlorite.

Dr. Klinghardt noted that the CD Protocol is a tool among many other tools. The current protocol requires you to give up all the other tools. Autistic kids all have parasites; CD is a mediocre parasite treatment. If you have never done any, moms are astounded at what comes out of the kids. Most ASD kids have parasites and the focus becomes on the parasites and the poop. CD is also a mediocre signaling molecule; ASEA is better. There are better antiparasitic drugs and better redox signaling options than CD. It is a wonderful starting point for those that cannot otherwise access other methods of treatment.

Dr. Cowden said that monotherapy is more about proving your therapy works but often means that the patient stops many other things that were helpful. Oxidative therapies are best the first few hours of the day and the rest of the day is about reduction. Milk sitz baths can be helpful for parasites. Food grade diatomaceous earth can be helpful. \$10 brush for dry brushing or pretend bicycle pedal on the bed to support lymphatics.

Sarah Courchaine – Questions from Bottoms Up Group -

(<https://www.youtube.com/watch?v=mPYcvxsKzYI>; <https://www.facebook.com/groups/bottomsupgroup>)

brought a number of questions from her group which has a focus on improving health using enema therapies.

Dr. Cowden mentioned that 30% of American physicians will retire when Obamacare is implemented. He suggested that we will need a program similar to the “Barefoot Doctors” in China to handle the demand for healthcare practitioners.

Which diet is best?

In terms of diet, Dr. Cowden suggested that we should avoid the SAD (Standard American Diet). In fact, he wrote a whole book on this topic that will be available shortly. We need foods that fit the unique you.

Dr. Klinghardt suggested that if he were to use a raw food diet, he would be virtually dead in two days. It is fantastic for some, but when the gut is damaged, it is often not the right thing. He went on a high protein diet and within three weeks, he realized he had Lyme disease because high protein diets are the worst thing you can do with a chronic infection. You can really activate it by going with a high protein diet. The Ketogenic (high fat) diet is fantastic for some with neurological illnesses and seizures. In young people, you can do it for a year. In older people, anything longer than six months often leads to calcification of the coronary arteries and of the brain arteries. It is not a good diet to do for a long time.

Dr. Klinghardt continued that while we grow until we are 18-20, dietary needs are entirely different. There is a higher risk for seizures to put children on a vegan or vegetarian diet. It is dangerous for children. The highest “retarded” children come from those on vegan diets. The older you get, the less protein you need, the less fat you need, and the more the diet should shift towards a vegetarian or raw food diet. The younger you are, the more high protein and high fat you need. The Blood Type diet can be a good tool. For food allergy testing, none of them are reliable and they really are not very helpful. Metabolic Typing diets are great for adults for not for children. Diet should be highly individualized. 80% of ASD kids have Lyme and are toxic with aluminum and glyphosate; and all have parasites. These factors change their nutritional needs away from what their inborn metabolic type. Every vitamin you take orally feeds that parasite first and what the patient gets is the poop from the parasite. Cells may need vitamin C but if you take it, your rope worm or your Ascaris may benefit from it. Bercher’s Muesli – researcher found a group in Caribbean island that lived to 110 years old and had sex at 100. Found that their diet consisted only of sweet potatoes and found that they had Clostridia that transformed sugars in the diet combined with nitrogen in the air to create amino acids. Bowel bacteria do things with the food we eat. There is no good science on diet that we can lean on. Fecal transplants have over 400 species of microbes as compared to a small number that can be purchased as a probiotic. Fecal transplants have become a big business.

If morning insulin is high, you have had too much sugar or carbs. Most diets are fads that have come and gone. Dr. Cowden feels the blood type diet doesn’t pan out; it is best to use the Coca Pulse test to see what foods are stressing the system. If you don’t avoid the stressing foods, you create acidosis and mess up your metabolism. Saliva pH should be measured first thing in the morning (not after the meal) is one of the best ways to see what foods you should and should not eat. According to Dr. Klinghardt, testing foods in muscle testing can get about 90% accuracy relative to food stress; he uses this in his practice and finds it very reliable.

Dr. Cowden mentioned that finding a healthy donor for FMT is the trick; often a young child. Dr. Klinghardt mentioned there is a fecal transplant doctor in Portland. Donors should not be vaccinated; all available parasite tests are run on the sample. The poop is transferred in 15 minutes; no donor older than 12 years old. They have had fantastic experiences thus far. The drug companies are trying to culture out the organism and patent the bugs with the FDA. Dr. Klinghardt is a total enthusiast of FMT. He was first introduced seven years ago to FMT by Andrea Lalama. Any pathogen the mom has is also found in the child so a mom to child transplant is often acceptable; if you clean up the mother first with antiparasitics, etc.

Tom Bader mentioned that the more real the food the better. Eat to live; not live to eat. Dr. Garry Gordon suggested people need a Liberty Garden from balanced soil. BT toxin from GMO foods may lead to leaky gut; insecticides in the food. Book *A Medical Detective Story* was mentioned about a life history treating MS; one patient needed to stop eating carrots.

When targeting bugs, carb and protein restriction should be part of the program. Fungi like sugar more; parasites like protein. Dr. Cowden said to eat what is locally grown; backyard is better; backyard with a greenhouse is even better to avoid radioactive fallout.

Dr. Klinghardt mentioned that damaged guts cannot always do fermented foods. They are 80% fantastic and 20% lethal. Not good when leaky gut is an issue. Many micronutrients become available in foods only after heating.

It was mentioned that the probiotic implants that are available through Victoria Bowmann at <http://myrealhealth.com> can double stool volume.

What can one do when low body temperature is an issue?

Dr. Klinghardt mentioned that there are several things that keep us warm. Eating protein leads to proteins being dismantled in the liver into amino acids which creates heat. With raw food or juicing there is little protein or they are already in amino acid form and there is not the same effect. If there is a dysfunctional thyroid and adrenals, which are the other two heating systems, the protein system is the backup mechanism. You don't need the protein backup system if the adrenals and thyroid are working to keep us warm. 70% of people do not have enough thyroid per Dr. Garry Gordon; Dr. Klinghardt said it is probably higher.

Keith Morey suggested that low body temperature is primary caused by stress – physical and mental stress in the system – parasites, fungus, etc. overrunning the body. If you knock down the infections, that improves the body temperature. He would also stay away from simple carbs.

Dr. Cowden suggested never drinking cold fluids or eating cold foods. Eat more yang foods and less yin foods. Dr. Klinghardt suggested that juicing and raw food may be ok, but you need to optimize the body temperature, thyroid, and adrenals.

When the body temperature is between 96.8 and 97.8, the immune system drops by over 30%. When it is 95 degrees, the immune system is less than half of optimal functioning.

What can be done to address toxic burden while breastfeeding?

Dr. Klinghardt shared that chlorella during pregnancy prevents mother to fetus transfer of most environmental toxins. The research was done on dioxin and thus suggests that it would work well for most other toxins as dioxin is one of the worst. They have the term "Chlorella Babies" and these are now adults that had much higher performance in school and in life. For breast milk, fat soluble toxins are in the breast milk; chlorella is also a solution. Fetus is used as a dumping ground and gets 2/3 of the toxic burden of the mother. You can take it until the poop and breast milk are slightly green. Zeolite, (silica for aluminum), and chitosan may also be considerations. MicroSilica / Intestinal Metal Detox (IMD) can be huge in binding circulating toxins. Best to bind toxins in the mother and move them out through the poop rather than passing them into the fetus or child.

Dr. Chris Shade suggested that when they created IMD, it was intended to bind everything and it triggers a cascade in the body. If pregnant or breastfeeding, he suggested it is best not to shake the tree too much. Dr. Shade suggested Chlorella for pregnancy and breastfeeding and not IMD.

Dr. Klinghardt mentioned that pure binders only bind in the gut and don't mobilize. Most agents that have binding properties also send a signal to the body to send down more toxins; need a "mellow move". Dr. Klinghardt noted that pre-conception healthcare is the optimum solution; detox before the pregnancy. With Chlorella, ten 250mg tablets three times daily is an average dose during breast feeding. If more toxic, more chlorella may be considered. It is best not to take vitamin C at the same time as chlorella as it may impact the bond and re-release the toxins. It is best to take chlorella and C at least an hour apart.

Dr. Gordon suggested the Vita C sticks for measuring levels of Vitamin C. They should turn yellow if you are to have a "bright future". Vitamin C is a poor man's detox; important for collagen synthesis. Can't play the magnesium card without B6. You detox more with every child you have but you have sick children. PBDEs are fraud; they make the house and the mattress burn faster.

When should hydrocortisone be considered?

Dr. Cowden mentioned that it may be needed for those with profound adrenal exhaustion but not a great idea long term. Dr. Klinghardt mentioned that Jonathan Wright talks about cortisol and there is a book *Safe Uses of Cortisol*; adrenals produce 40-50mg of cortisol per day. When you substitute 10-20mg per day, you are not causing any of the steroid side effects but are extending the life of the person. Cortisol is the most important adrenal hormone; you cannot live without it. In 3-4 months, then try to shift to Bacopa or Aswaganda that raise cortisol naturally and repair the mechanism. Dr. Gordon said that hydrocortisone at the proper dose is a vitamin and not a drug.

Do ionic footbaths work?

Dr. Klinghardt mentioned that there have been some studies on ionic foot baths. There are some myths about them. The color of the water does not reflect how bad you are; if you wash your feet and scrape your feet it doesn't turn colors or the color is the result of the coil. However, if you do a foot bath and check the urine, the level of toxic metals may be 3-4 times. The foot bath turns on the nephrons in the kidneys so that the excreting cells do a better job. There was a study with 30 people with footbath and 30 controls; they used the foot bath and cilantro. The foot bath alone quadrupled the output of toxic metals. With 2 dropperfuls of cilantro tincture 20 minutes before the foot bath, it quadrupled again. It is an incredibly effective method. It increased virtually every toxic metal; cadmium, barium, uranium, plutonium, mercury, lead, aluminum. It did not excrete precious metals like zinc. The model and type does not matter much. They should be used 2-3 times a week and up to daily for 20 minutes.

Dr. Cowden mentioned that they used to have one electrode in the left and one in the right vs. the modern version where there is one coil. Dr. Klinghardt commented that the studies were done on the modern version. He also mentioned a \$50 version from Dr. Richard Loyd that uses a 9 volt battery; has shown good results.

What are your treatment methods for systemic Candida?

Dr. Cowden noted that Candida will not go away if a person eats sugar or starches. Fungi do not seem to respond well to pharma drugs anymore. It is best to do energetic testing to see what option may work best. Dr. Klinghardt mentioned that Candida is a surface marker for a deeper problem; usually mercury or parasites. Treating these issues often resolves the chronic Candida issue. Candida produces over 600 different mycotoxins; stands out in the group. Mycotoxins it creates are largely directed at pathogenic bowel bacteria; the problem is when it gets out of control. In the right quantity, Candida can be immuno-supportive. Candida diets are important. If you feed them, you are going to keep them.

Dr. Garry Gordon mentioned KingBio's inactivated Candida homeopathic. Silver is also helpful. Dr. Cowden suggested that EMF exposure makes Candida treatment much more difficult.

Keith Morey suggested that fungal infection is throughout the system and in the gallbladder; which produces a liter of bile a day. You are being infected 24x7 from the bile. You have to do gallbladder flushes. The source of the infection is the gallbladder.

Dr. Klinghardt suggested that the primary Candida treatments are oxygen therapies: ozone, rizol oils, and hydrogen peroxide. Dana Gorman suggested that some have found that GcMAF can stir up Candida issues; Dr. Klinghardt suggested that was related to the viral connection.

When are the best times to use binding agents in relation to other supplements, prescriptions, and meals?

Dr. Klinghardt suggested 30 minutes before each meal. When we start eating, bile starts squirting into the small intestine along with the toxins. You want to have the binders sitting there to bind up the toxins to avoid recirculation. Fat soluble vitamins A, D, E, K, CoQ10 should be taken with meals. Probiotics should be after a meal when the stomach is more alkaline. Water soluble vitamins should be taken first thing in the morning and at night so that they do not have to compete for absorption. Vitamins first, later the binder, 30 minutes later eat, and then take the probiotics after the meal.

Dr. Cowden suggested herbs 20-30 minutes before foods and Vitamin C 30 minutes or more after herbs so that you don't block absorption of the herbs. Enzymes should be taken 30 minutes before everything else with water only.

Chlorella is intelligent and only binds toxins but nothing else; there is no conflict. It can be taken with Cat's Claw for example. Does not bind zinc, molybdenum, Vitamin A, etc. Chinese herbs may be full of lead and thus may make sense to take with chlorella. Other binders will also extract from the benefits of the herbs; especially charcoal. Charcoal is like an "eject button" when things are not going well.

How do you address ammonia?

Lower protein intake during the full moon, zeolite, yucca, and galactose. There is a dip stick for ammonia in the urine in Germany. Galactose stops the production of ammonia in the nervous system. There are nine biological sugars; galactose is one of them. D-Ribose may be helpful. BioPure CurcuSyn is a good option.

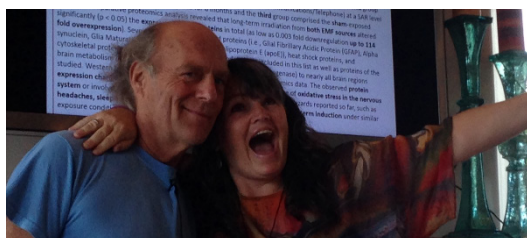
Keith Morey believes that it is fungal in origin. The infection eats trace minerals that bind to amino acids and you start to become acidic. The last ditch effort of the body to reduce acidity is to produce ammonia.

Dana Gorman - Redox, Refinance, and Reach Out –

(<https://www.youtube.com/watch?v=lt-9tKB2H3Y>) - discussion on general approaches and principles of THRIIVE.com.

Redox is Reduction and Oxidation. Reduction is adding electrons. Refinance is how to spend the money. Reaching Out is how to communicate the message; this is where Tim Bolen comes in. Everything you do to heal is somewhere in the world of redox. These are opposing forces like yin and yang.

Day, oxidant, acid, sunlight, food, sunrise
Night, antioxidant, alkaline, grounded, fasting, sundown



Everyone agreed with this general undulation/cycle. We want oxidative therapies early in the day and antioxidants in the evening.

THRiiVE doesn't want to be politically active as an organization. THRiiVE does not collectively advise about shots but recommends the avoidance of all neurotoxins.

Dr. Anju Usman mentioned that the leading cause of death in children with autism is drowning. Dr. Cowden mentioned that one can use ozone, hydrogen peroxide, and other ways to keep the pool from growing microbes without having to use chlorine.

There is a mother to child toxic burden transference that occurs. Clean Chlorella can help to bind toxins and keep them from being passed to the fetus. Charcoal gets all of the mold toxins per Dr. Shade.

When a child is sick and you suppress the fever, give antibiotics, etc., you make the problem worse in the long run.

Total body burden contributors correspond directly to the autism epidemic and all epidemics. EMFs, GMOs, vaccinations, etc. Epigenetic changes in the child results from the toxins in the mother and may be the trigger that lowers detoxification potential.

Dr. Shade mentioned that it is not the total load of toxins but the host response as a result of earlier exposures from the mother. The burden may not be that high, but the ability to accept the burden is low. It is about susceptibility, not just total burden.

Neurotoxin induced chronic encephalopathy; genes are impacted by neurotoxins which are impacted by genes. Once the gene expression is impacted, the rate of accumulation increases and overload results. Often times, kids do better in the morning and as they day goes on, they get worse. They often get worse the minute they start eating.

There is some discussion about PANS changing to "autoimmune encephalopathy".

It is best to sleep at least 3 feet away from all electrical sources. SafeConnect was mentioned as a possible EMF protective product option.

There are three visible characteristics – neurological deficient from chronic insult, characteristic habits from daily toxin exposure and re-circulation, and seeking behaviors designed to create this state. They are addicted to a set point or baseline.

Dr. Klinghardt shared that any chronic illness behaves like an entity where the patients cannot see their way through the illness. Every chronic illness is a bad habit of the brain and runs a pattern than sustains the illness. The illness is the best the brain could do and it is afraid to change it. Chronic illness is something the brain maintains as it can survive in the worst condition. Old habits never die, and it takes repetition to teach the brain that it is ok to function at a higher level. Dr. Cowden noted that the brain comes up with a solution that is the best way to survive in that moment. The solution might be to create a disease.

Neurological deficits from chronic insults can be the last set of deficiencies to rebound and may include diminished IQ, lack of speech, lack of coordination, and lack of reactions (sneezing, coughing, tanning, yawning, startling, sniffing, laughing, crying, fever, blushing, mucous).

Toxins: Avoid, Eliminate, and Detoxify. Body burden includes toxins, metals, pathogens, energy/stress, chaos/genes, and sensory stimuli.

Fat, cholesterol, microbes, tumors, cancer, and mucous are excesses that are often times used by the body as a protection. Dr. Klinghardt mentioned that in Ryke Hamer's work, there was a child with Mycoplasma and had a

brain injury at birth and suggested that the microbes were there to clean-up the injury and it ultimately restored the brain. In some cases, microbes come in to do something that the body cannot do on its own.

Inflammation is the granddaddy that keeps other treatments from being successful.

Most, not all, symptoms are turf wars; which bug is boss? Your bugs tell you what to eat. We are all just one giant hotel for bugs; we have to change the terrain.

GcMAF – Dr. Cowden mentioned that the families of most kids don't have deep enough pockets to do GcMAF continuously. If you have not changed the terrain and heavy metal load and stop it, it may not resolve the problem and you may still see the return of the microbes. Dr. Klinghardt indicated that GcMAF experience overall was disappointing. He does use K-GUARD, a homeopathic MAF, which may lower nagalase just as much. He has almost everyone on the homeopathic. Dr. Usman mentioned that she has not seen big wins from GcMAF. When you try to modulate the immune system, you want slow and steady for a long period of time.

Immuno Peptides from Europe – if you block a pathway for 18-24 months, the body will not go back to that behavior. There may be some value of using very low doses of GcMAF over a longer period of time. Keith Morey tries to support and rebuild all organs at one time and go after all microbes at one time. The house gets rebuilt and the bad guys move out.

Until people are using some form of energetic testing, they are lost. If you can energy test, you can dig yourself out of any hole that can be dug.

If you have nighttime waking, this could be related to hypoglycemia or parasites. Some suggest raging can be related to low blood sugar. Dr. Usman suggested the autonomic nervous system dysregulation (dysautonomia) is related to raging. Pupils dilate, sweating, heart racing.

There is a small percentage of people that a protocol hits it out of the park. Some have amazing responses. Some make changes to the protocol and don't tell anyone. There is comfort in being part of a group and people fear that a protocol that they wanted to work so desperately may be failing them.

Dana introduced the concept of TTT; titrated therapeutic trial.

Dr. Usman mentioned that they don't use heavy antioxidants when doing significant killing; oxidative bursts are what support killing of microbes. Dr. Shade mentioned that glutathione peaks in the morning and is at a trough at night. Vitamin C and E before exercise in one study was shown to negate mitochondrial biogenesis.

Rizol is derived from the German word for castor oil and olive oil. They are ozonated for six weeks and 600 compounds are formed. They are redox balancing molecules and strong antimicrobials.

Dr. Gordon mentioned that you can get a \$499 ozonator intended to ozonate water and use it for rectal insufflation.

Rapid Prompting Method is a tool for ASD children to communicate. <http://www.halo-soma.org>

One meridian goes through the brain where the others go over the scalp; gallbladder point. If a parent has anger and the child picks up on the anger, they are more likely to have seizures.

A modified CD (chlorine dioxide) protocol can work very well when it is adapted.

Keith Morey – Body Temperature, Liver Gallbladder Flushes –

(<https://www.youtube.com/watch?v=dzDBu1hMwk>) – spoke on body temperature and liver gallbladder flushes.

You want to upregulate the body temperature to at least 97.8 before you start to detoxify; below 97.8 means that many enzymes in the body are not working. A .2°C drop in temperature leads to a doubling of pathogens in the body. You need to support the thyroid to do that. It is a stress-induced problem from fungal infections weakening the system. The caveman falling off the cliff and breaking a leg would lower the body temperature to survive longer as it slows metabolism. Car accidents, divorce, etc. can cause the thyroid to go off but is harder to get back on. The temperature stays low. You cannot digest; cannot breakdown waste materials. Reduce mental stress, reduce pathogen levels (physical stress) enough until the thyroid kicks back in and the temperature then goes up.

Support all the organs during any detoxification protocol. Do at least one guided liver/gallbladder flush before detoxification and repeat weakly. When the gallbladder goes astray, the whole body goes astray. Bile is red blood cells crushed in the spleen bound to waste materials, cholesterol, and minerals. We make 1 liter of bile per day. This backs up into the liver. Without cholesterol in the skin, you may become vitamin D deficient. Cholesterol creates hormones that when not working properly create a host of malfunctions. The gallbladder is the hub of the body. We need more detoxification and more organ support. There is only pain when there is a nest of bugs and inflammation.

MSM Detox to headache tolerance is a valuable tool in healing. There is a daily need, a storage need, and a detox need. 16-20 grams of MSM for the MSM Detox. 70-100 trillion cells dump their toxic burdens at the same time. He has not seen a problem with sulfur intolerance.

Dr. Usman mentioned that oral sulfur can be an issue when there are sulfur-reducing bacteria in the GI tract; need to get those under control first. Sulfur is a wildcard; need to work on methylation pathways.

Dr. Klinghardt mentioned early experiments with MSM where urinary excretion of mercury was checked and there was no increase. It did, however, increase organophosphates. We don't want to detoxify everything at the same time. MSM is good for detoxification of chemicals.

Paramunes are your best friend and your microbe's worst enemy. DHEA/Pregnenolone is the master hormone precursor. It can get rid of 90% of tension headaches in 30 seconds; not as good for migraines unless they result from tension headaches. Each orifice must be addressed individually for microbial growth. Each orifice can be used for the delivery of supplements and antimicrobials.

2 TBSP of MSM in a coffee enema may be useful along with TMG, Paramunes, and other substances. Can do a rectal implant of Paramunes in 2 ounces of water.

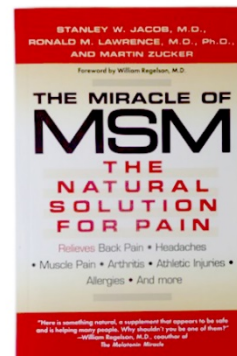
Aging including being dehydrated, inflexible, and on your way to becoming insulin resistant. Cells need sulfur to avoid being dehydrated. MSM is 34% sulfur.

Dr. Shade mentioned that many don't have enough adrenal support to get through the detox; need adrenal support. Inflammation turns down transport proteins; need anti-inflammatories.

Dr. Klinghardt mentioned DHEA can help with vague pulmonary hypertension. 200mg has been curative within a month. 1 in 5 older Lyme patients has pulmonary hypertension; 250-300mg in men as a one-time dose. He also shared that Keith's gallbladder flush has been very popular with patients and the benefits from a gallbladder flush are huge. Dyslipidemia resolves. Getting pooping going and getting the gallbladder working are top priorities.

Dr. Klinghardt starts children on the manual liver compression technique daily. When that reaches a plateau, they are ready for the gallbladder flush.

MSM has no taste if diluted properly. 16 grams MSM in water taken with Vitamin C, rutin, and potassium drinking throughout the day. Take C, rutin, and potassium separately from the MSM drink. Rutin and potassium protect the kidneys from heavy metals coming through too rapidly. If there is a bitter taste from the MSM, it is not diluted enough. 16 grams in ¼ a gallon of water. MSM can be a godsend for asthma; helps lungs. Keith takes 12 grams daily for the past 20 years. Dr. Klinghardt mentioned the Stan Jacobs book *The Miracle of MSM*; advocates 20 grams per day. Helps with hormone balancing.



Dr. Shade suggested that metal detoxification takes about 5 months to 2 years.

16 grams MSM daily for 10 days as a detox and then 8-12 grams daily for life. Dr. Gordon mentioned 1 teaspoon of Bio En'R-G'Y C has 2 grams of MSM; he does 4 teaspoons per day. MSM is oxidized DMSO.

Related to rutin, Dr. Gordon shared that Wobenzym is the real thing. Nick Gonzalez MD had pancreatic cancer patients taking 100 tablets a day. It is not just an enzyme but miraculous; derived from Japonica sophora tree that leads to rutoside after water extraction method. Wobenzym and Vitamin C may be useful if someone has iron overload. If you put a tablet of Wobenzym in the mouth and chew on it, within 2 minutes it starts to digest the mouth. Does not happen with any other product. Douglas Labs has the real thing.

MSM dosing should be weight adjusted for a child; for an adult he always uses the same dose. Molybdenum can be needed with high doses.



TMG gets rid of homocysteine and regenerates it back to methionine, frees up B6, B12, and folic acid, turns into DMG, adds oxygen to cardiovascular system, rebuilds the liver, makes SAME in the liver. When it is made in the liver and not taken orally, DMG donates methyl groups to telomeres that helps them to last longer. Dr. Usman commented that the caveat is that it is not supporting the longer pathway related to methylfolate. Dr. Shade suggested that if MSM is not metabolized and some amount comes out in the urine as MSM, then it may not have an impact to the CBS system.

In cases of acute stroke, 1 teaspoon of DMSO every hour resolves most symptoms.

Discussion about a mom that had a pituitary tumor that was removed and had headaches years later that lasted 18 months. She did a nasal wash and it burned so bad that she wanted to go to the ER. The next one was 75% less intense. The headaches resolved and never came back. The pituitary tumor may have been a colony of bugs.

Gallbladder flush before the MSM Detox is done to open the avenues of elimination.

Dr. Dietrich Klinghardt MD, PhD – Liver Compression Technique and Self-Lymph Drainage Technique – (https://www.youtube.com/watch?v=7_RmmAS8WPE) – demonstrated how to do the liver compression technique and lymphatic drainage.

Liver Compression Technique

The liver compression technique is an option when you can't do a gallbladder flush in kids. It is a manual way to drain bile from the liver. Can help to lower cholesterol and improve elevated liver function tests. It is simple; use it.

The liver is on the right, protected by the lower rib cage; it is the largest organ other than the lungs.

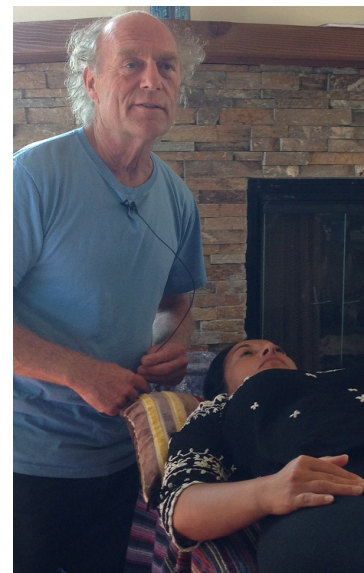
One hand on the back of the liver; palm touching the lower part of the rib cage. The other hand on the top of the liver pointed in the direction of the belly button; direction of the push is $\frac{1}{2}$ way down and towards the belly button. You are pushing with the soft part of the palm with the intent to make the liver a postage stamp. There is a risk of fracturing ribs with older or osteoporotic people. You are really compressing the liver.

This could be done during a liver gallbladder flush once the olive oil is on board. The compression is done several times over a 3 minute period.

Gallbladder squirts bile when you taste food. You could start a meal and then do this $\frac{1}{2}$ way through the meal or between 1-3 am optimally. Preload the system with chlorella; takes 1.5-2 hours from swallowing the chlorella to when it gets to the small intestine. Only use the compression technique with binders or toxins will be reabsorbed.

Pressure is provided from underneath and from the top towards the belly button and at a 45 degree angle downward as if to flatten the liver. The entire palm is still above the lowest rib; both hands should be on bone. It should not be soft under either hand. You often see worm eggs and worms in the poop within the next 24 hours. Should be done once daily for 3 minutes. You could do longer or more frequently with significant liver stress such as Hepatitis. Most people do it too gently; want it to be $\frac{2}{3}$ of the original size.

Generally, the practitioner is on the right side of the patient with the left hand on top; though the right hand can be on top of the liver if more comfortable.



PANDAS/PANS and Self-Lymph Drainage

It was noticed that PANDAS kids had chronic tonsil problems. They had not found a way to correct the tonsils long-term; often send for cryotherapy. It resents the immune system and improves behavior dramatically; takes 2-3 sessions spaced out. Kids with tonsils out and then the freezing have done better than the freezing alone. Tonsillectomy alone did not do much. The combination of tonsil removal and cryotherapy has been a miracle.

The kids have tics, OCD, seizures, etc. There is a cross reaction of the immune system looking for strep that attacks membranes in the brain. Borrelia and Bartonella can live in the tonsils and cause the same syndrome. It is now called PANS - Pediatric Acute Onset Neuropsychiatric Syndrome. IVIG is the main treatment at \$6,000/month with generally poor results.

The tonsils are removed, neural therapy with ozone is done, and lymphatic massage in the neck. Some did lymph drainage without the tonsils out and still have had dramatic results. Mentioned a dramatic improvement in a 30+ year old autistic male by removing the tonsils.

Migraines, eye sight, and tinnitus all improve with the lymph drainage that Dr. Klinghardt learned from a Qigong master. The brain has its own lymphatic system at the base of the brain that goes to the adenoids and then to the tonsils and then to the surface outer tonsil lymph node and then to the lymph chain near the anterior (front) sternocleidomastoid (SCM).

Inhalants, dust, aluminum, mercury, lead, and other toxins have their first contact in the nose; they get absorbed into the lymphatic system and plug up the route down. Metabolic waste from the brain are a problem when brain is dealing with chronic infections and metals and blood-brain barrier is not functioning properly; brain can only detox through lymphatics or down cranial nerves. In some cases, you can swab mercury from the tonsils when you are detoxifying the brain. Clearing the lymphatics allows for more constant stream of toxins to move out of the brain.

There is a significant group of lymph nodes that are under the mandible and near the anterior SCM. The trick is to work against the direction that the lymph flow goes; there are valves that should only open one way. They are open and leaky. Push against the leaky valves and moving forth and back. Work against the direction of the stream and then with the stream. You start with the thumb at the back of the jaw and push outward against the mandible nailing the lymph chain against the bone; strong pressure working your way forward to the chin. You feel deep and up and outward; do 2-3 days in a row and it no longer hurts. Then you use mostly the middle finger in front of the anterior SCM with the head slightly bent to the side your hand is on to relax the tissues; press the lymphatic chain against the vertebrae; under the fingers are the lymphatics and the nerve fibers. You first work upstream for a few rounds staying on the painful parts; doing some massaging in circles; and then working downstream. Do each side separately. No more than 3 minutes per day; powerful brain clearing technique that is resulting in things they have never seen before. This technique has worked on every migraine patient and the cure seems to be permanent. You see a freshening of the brain.

After you have done it enough that the pain goes down, check daily and only do the procedure when it is painful again. Thyroid function can improve and some may become hyperthyroid or need less thyroid medication. Everybody who breathes in toxins has stuck systems. Cavitations in the teeth heal spontaneously; CCSVI becomes a non-issue. Rizol Gamma can be helpful to massage into the area; sometimes cilantro. It is a powerful technique that really changes lives.

When doing it on someone else, feel the tissue and watch the pain response. It is painful when you have infections or toxins initially, but it only lasts a few days.

Dr. Cowden mentioned The King Method (TKM). The therapist acts like a jumper cable and moves stagnant or excessive energy to another place in the body where it is deficient. To try and improve blood flow to the heart, use the patient's right hand on the patient's left little finger or the practitioner's left hand on the patient's left little finger with the practitioner's other hand on the patient's T5 vertebrae; allows energy to dissipate from heart meridian. To help digestion, you can hold the left thumb and left index finger together with the right hand for about 5 minutes; addresses nervous system meridian, neurotransmitter pathway, lymphatic system, fear, worry, and stomach secondary pathway. Helps with hydrochloric acid; normalizes sympathetic overdrive; good to do before meals and at bedtime.

Dr. Cowden mentioned that right-sided issues/symptoms may be associated to the father; left to the mother.

Robert Slovak – Water for Autism – (<https://www.youtube.com/watch?v=Ba4MEuWxGnA>) – is an expert on water and educated everyone on water and ocean water; one of the most important things we can learn about.

The body is 2/3 water. Water runs the show; there is no life without water. A conventional reverse osmosis tank should be dumped three times per week to avoid bacterial contamination. Let it all run out at the end of the day. The tanks are incubators.

Robert showed a demonstration with a TDS meter; measures total dissolved solids. Some dissolved solids are not healthy for us. Tap water TDS was over 600ppm. The reverse osmosis was 13ppm. RO removes a % of every contaminant category. It is excellent for removing fluoride.

Robert created a filter system called PURIST (<http://www.purative.com>). High TDS or tap water for bathing is not a real concern. A contaminant is a chemical or microbial substance at a sufficient level that results in an acute or chronic health response.

POU = point of use vs. POE = point of entry (whole house).

Pseudomonas is rampant in water and water filters. People can get very sick from the bacteria in reverse osmosis filters. Generally, you want media that you can backwash to get the dirt out. If you are removing benzene and similar toxins, you don't want to backwash the carbon.

Water has physical/chemical, structural/molecular, and energetic/atomic/quantum properties.

It is not a good idea to drink tap water; but the wrong filtration can make the water worse. EPA has categories for drinking water: microbes, radionuclides, disinfectants, disinfection byproducts, inorganic contaminants, synthetic organic contaminants. Disinfection byproducts cause most miscarriages and are the thing you want to worry about with autism and similar conditions. Unregulated contaminants include metals (chromium-6, strontium, cobalt, molybdenum, vanadium, etc.), testosterone, estradiol, lithium, PPCPs (personal care product ingredients), MTBEs, Perchlorate, NDMA, Hydrazine, DXAA, aluminum sulfate, chlorine, chloramines, chlorine dioxide, hexafluorosilicic acid (fluoride).

Dr. Shade mentioned a health product called Adya Clarity that was aluminum. Was very toxic. Robert said it was bad and that he was most responsible for exposing it. It was a mined mineral called biotite (mica; aluminum ore) from Japan. Cost \$1.13 and sold for \$250. Was an excitotoxin. There were enormous amounts of aluminum and iron in it. People used to do Adya shots where they took 3 shot glasses. Strangely similar to the crust of the earth. Silica #1, Aluminum #2 in the earth's crust. Was dissolved in sulfuric acid. Matt Monarch sold over 27 million dollars of it.

Chloramines are deadly for fish and deadly for people on dialysis. Fluoride does have a biological role; there are things that fluoride does within animal physiology.

Point of Use (POU) filtration is intended to reduce the contaminants as low as possible. The options are distilled + activated carbon or RO + activated carbon.

He is an alkaline water contrarian. pH of water has no relevance to human physiology. Alkaline water alkalizes the water, but pH is not the indicator of how much acid something can neutralize. Alkaline and Alkalinity are as different as giraffe and bicycle. Raising pH does not remove more acidity in the body. It is the alkalinity; how much acid it neutralizes. pH is the level of something but not its capacity. A match burns at 451 F. A fireplace also burns at 451F. This is just like pH; there is a wide range of capacity. Buffering capacity is provided by alkaline minerals. The entire industry of alkaline water was spawned on a misconception. Alkaline water does not neutralize stomach acid and is not a problem to consume while eating.

Potential Renal Acid Load (PRAL) is the rating of alkalizing ability of anything. A negative number is alkalizing; a positive number is acidifying. Alkaline machines differ based on the alkalinity of the water going into it as well and can still have the same pH but a different end alkalinity.

How do you treat water to remove trihalomethanes in the shower in an apartment? Can't put a system on the entire building. He discussed a POU carbon shower filter that will soon be available that will remove trihalomethanes for one location. The names of the game with removing disinfection byproducts and volatile organic compounds is the amount of carbon that you have; the more, the merrier. Comparatively, fluoride (ion) in bath water is a lesser concern than volatilized and aerosolized compounds in the water; you take them right into the lungs like a nebulizer.

Alkalinity is the mineral compounds in water that can neutralize acid to a certain level; bicarbonates, carbonates, and hydroxides.

Water Treatment for Dummies – <http://www.wqa.org> or <http://digital.turn-page.com/i/215643>. This is a book that is available for free; great primer.

Request an annual report from your water department. Consider an independent water analysis. If you have a private well, you have to have it tested. <http://www.watercheck.com> for testing.

Choose a reliable water treatment company that can provide installation and ongoing service and maintenance for your water filtration system. Verify that the water dealer is a member of the Water Quality Association.

One third to one half of water filters are sold on the internet. People often regret it when it requires sophisticated installation. Limit online purchases to: POU distiller, POU countertop RO, POU carbon, and POE cartridge-based carbon filters (not backwashing which requires professional support).

Purative PURIST is for people that are immunocompromised and have health problems. POE filtration is only for safety for bathing and showering; you wouldn't drink it.

Some companies tell people that carbon lasts 15 years. For non-critical applications, carbon never lasts more than two years; less for critical applications like health related issues.

Cardiovascular disease is less common in areas with hard water; there is nothing wrong with hard water. It has calcium and magnesium in it. The higher you are altitude-wise, generally the purer the water. Calcium is generally the dominant hardness. When softening water, hardness ions, calcium and magnesium, are replaced with an equivalent amount of sodium. You can use potassium.

You want to minimize exposure to contaminants from drinking untreated tap water. These include microbes, inorganic, synthetic organics, volatile organics, disinfectants, disinfection byproducts, radionuclides, endocrine disrupters, and personal care products. Chlorine, chloramines, chlorine dioxide, disinfection byproducts (THMs, haloacetic acid), fluoride, aluminum, SOCs (pesticides, synthetic chemicals), EDCs (drugs, pharmaceuticals), PPCPs (personal care products). These are compromising to a healthy person; much less a person with health issues.

Most common contaminants in well water are iron, manganese, and hydrogen sulfide. If these exist, it is much more expensive to address. If in a farming area, you can have nitrates and nitrites in the water.

Microbial concerns include protozoan organisms such as *Cryptosporidium*, *Giardia*, bacteria, and viruses. Mimiviruses in water can cause Rheumatoid Arthritis. They mimic bacteria. *Cryptosporidium* survives chlorine. Best options are microfiltration, ozone with special photoreactants, and ultraviolet. Ultraviolet is a wonderful treatment for water. Older water systems may have microbial contaminants. Stomach acid is the first line of defense. Many people with health issues have low stomach acid which makes the problem more of an issue.

Tim Bolen mentioned that .5% of the sewer solids go into the ocean. The rest they dig wells and pump down into the water table. They have to monitor the wells within 10 miles; they find pharmaceuticals. From toilet to tap water – water sewage treatment is run through a membrane RO and then another microfiltration then disinfected and then considered drinkable. Most of Orange County water is recycled.

Can add a whole house UV system after a POE system for very sensitive people. Choose POU system – distiller with carbon (lots of electricity, high operating expense, cleaning and maintenance) or RO with carbon under sink (needs an installer and professional maintenance). RO systems become the largest source of ingested bacteria you will ever see; nothing will be close. You may get 50-500K CFU per milliliter from an RO tank; storage tank needs constant sanitization. The way around the bacteria problem is to have a countertop or portable system; if you don't have a tank, it is not an issue. Keith Morey loves the PURATIVE product; \$599 retail. It has 2 filters that need

to be replaced every 2 years and 1 filter that needs to be replaced every 3-7 years. It has a meter that reads the inlet and outlet water and shows the performance of the system.

If you don't get distilled or reverse osmosis, carbon block is the next best. The bigger, the better. Carbon absorbs organic materials which become food for microbes so you need to change them regularly. There are mixed media filters such as activated carbon, KDF (removes chlorine but very little metals; may be ok for shower filters; chlorine is not high on the list of toxins), activated alumina (can liberate aluminum into the water), bone char, and zeolite (hyped in water industry). The claims for these are often unwarranted; people fall for it. Coconut shell based carbon is ideal.

Bottled water is not a great thing if you can avoid it. Mountain Valley in glass bottles is the Western standard. Bottled water will have *Pseudomonas aeruginosa*; can be an opportunistic infection if immune-compromised. Check to see if the manufacturer is a member of the IBWA; International Bottled Water Association.

A SteriPen from any camping store provides ultraviolet to kill bacteria, viruses, and protozoan cysts. Can get from REI or Amazon.com. Great for travelers.

Bottled Water Categories - Most bottled water is made with RO water plus activated carbon. If it is purified water, it is RO plus deionized water plus activated carbon. May also be deionized plus activated carbon. Distilled is steam distilled plus activated carbon. Spring water, Artesian water, mineral water, and sparkling water. Great property of a bottled water would be to have a high amount of magnesium. Snow is distilled water. Most mountain waters have a TDS of near zero.

POU systems have microbial concerns. Flush out systems with carbon filters for 15-20 seconds in the morning to flush out any bacteria. Countertop systems are not a problem. Under sink filters with a tank needs regular service.

Don't worry about dissolved solids, arsenic, fluoride, etc. when taking a bath; too little to worry about. POE systems should be based on activated carbon. No shower filter can remove anything other than chlorine because they are too small. You need a large amount of carbon the size of a small boy; requires contact time in 3-8 minute range, not 3 seconds.

For disinfection byproducts, trihalomethanes, VOCs best to have a whole house system; shower filters won't really help.

Robert is a fan of remineralizing water after it has been distilled or through RO. Celtic sea salt (only sea salt he recommends), Trace Minerals Research, QuintEssential 3.3. Should never use Himalayan salt which contains unnecessary amounts of iron which makes it pink and red; never ever ever. Salts and concentrates are a good source of minerals, but do not have all of the properties of a liquid.

The ocean is a self-purifying body; radioactive materials in the ocean are very, very low. Less than any food that you can possibly eat that is grown on the land. Quinton has to meet pharmaceutical standards for injectable products. If Quinton were taken from the Pacific, they might be out of business. Plankton life cycle carries impurities down to the bottom of the ocean and they just sit there. If Quinton were taken from the western side of the Pacific, it would be a different story as a result of Fukushima.

According to Dr. Garry Gordon, trace mineral supplementation is critical. Robert noted that sea water was the first extracellular matrix / fluid; it is a critical thing to understand and most doctors do not. The sea became our extracellular matrix; it was designed in the sea.

Quinton is a sterile product though it is not legal to inject in the United States. It has 117 years of medical use. It has been in the French PDR for 85 years.

What else might you want to put in water? Alkalinity; mixtures of alkaline minerals. If you had gout or Lupus, for example. 3-4 brands of alkaline mixtures that dissolve in water are available; Tri-Salts, etc. Fresh green juices are a good way to alkalinize the body; though they all have an acid pH. pH and alkalinity are entirely disconnected.

Robert suggested not wasting your time with the following for a parent with a child with autism: alkaline water, hexagonal water, microcluster water, oxygen, energetically/magnetically-enhanced, vortex-enhanced, hologram-imprinted, frequency/vibrational-imprinted; UNLESS it really makes you feel good. All clustering is irrelevant by the time it gets into the cell.

Redox is Reduction and Oxidation. ORP is oxidation reduction potential; measure of a solution's ability to donate or use electrons. If it donates, it is reduction; if it uses, it is oxidation. Every reaction in the universe except for nuclear fall into redox reactions. <http://www.molecularhydrogeninstitute.com> for understanding redox and hydrogen.

In the last 5-7 years there has been interest in solutions with molecular hydrogen. Very little is known about use of hydrogen in health. Now there is an explosion; will be the molecule of the decade or century. In vivo, hydrogen can only knock out the hydroxyl radical but it does it very well. Hydrogen saturates water to 1.6ppm; hydrogenated water. It is good for brain concussion, brain injury, and stroke. He is working with a product called Active H-Minus which adds hydrogen to water. 1 pill is added per ½ liter and then you wait for 5 minutes. It will reach 1.6 in 5 minutes and 2.2 ppm in 10 hours and stays for a long period of time. It is better to cap it and keep cold. -800mv ORP. Previous product was only .3ppm. PPM in molecular hydrogen is the replacement for ORP. ORP is like pH; indicates a degree but not a capacity.

Fresh juices have a very high negative ORP. Store bought juices are not as good; +120mv. Fresh vegetable juices have negative ORP -50 to -400mv; not fruit juices. This is one of the key things that makes juices special. Active H-Minus will likely become a juice additive; restores its hydrogen; gives it electron capability. It can be put in coffee. Does not complete with ASEA; both have a place.

Dr. Gordon noted that a balance between reductants and oxidants leads to cells producing incredible levels of antioxidants. Active H-Minus falls on the electron donation side. Hydrogen made with Active H-Minus will only scavenge hydroxyl radicals.

Dr. Cowden asked about a product called Microhydrin and how it is different than Active H-Minus. It makes an ORP that is about the same but has low molecular hydrogen; less than even their original product. Uses a different technology to create the hydrogen.

Dr. Joe Mercola bought three PURIST systems after an earlier THRiiVE.com Summit. In terms of Quinton, you would only add a hypertonic to water; there would be no point in adding isotonic to water.

The discussion then switched to sea water and marine plasma. Robert is the North American distributor for Quinton/QuintEssential marine plasma. Sea water has been a recognized therapeutic nutraceutical for more than 7,000 years. It is an entire science of medicine. There are volumes of writings from Rene Quinton; only 5% have ever been translated to English. Same company that started in 1897. Robert discovered the water in Brazil when he became very ill. A young man handed him Quinton and said, "This is our doctor." He took one per hour and had remarkable relief of every symptom within six hours. Spent the next two years in Brazil watching the clinicians use Quinton and what they achieved. Quinton has been used in both World Wars as the primary blood substitute; there is a connection between blood and sea water. The Big Bang created all matter in the universe and all of the elements in the periodic table. Water on earth came from ice comets and asteroids that crashed down on earth; there was not a stick of land showing on earth.

The sea is an isotonic solution of the periodic table. The only way cellular life could leave the ocean was to take the ocean with it. Pischinger recognized the role of the sea in human existence. The extracellular matrix is the

orchestra leader that runs the orchestra (the cells). Some have replaced the blood of dogs with isotonic solution; it wasn't a cakewalk for the dogs, but they survived. Eventually, life left the ocean and went onto the land.

Modern food is mineral deficient. We are operating on a deck that is missing cards. We were designed in the complete periodic table but are not feeding our lives with it; we are missing a lot of ingredients. Quinton very positively affects the extracellular matrix.

There are 78 minerals in Quinton from a plankton bloom about 100km from France and Spain. It is never heated, raw and fresh, organic, microfiltered, protected in glass, and free of contaminants. Sea water rots just like soup or coconut water would.

Sea water is a living soup. Once you remove it from its source, you compromise it greatly. The 0.9 isotonic supports cells, tissue, and organs, balances fluids; is for the sympathetic person. The 3.3 hypertonic (concentrated) is from the plankton bloom and is a nutrient; for the parasympathetic person. 0.9 is the medicine; 3.3 is the nutrient. They have a ship that collects that water and then they put the seawater into a chilled truck right away.

Some use a nasal spray either with the isotonic or ½ isotonic and ½ hypertonic. In Barcelona, some use Quinton in a nebulizer. Every respiratory disease is treated with Quinton in Barcelona. It may help during attempts to have children (fertility), conception, pregnancy, postnatal, and for a lifetime. Quinton lasts virtually indefinitely; has a 5 years shelf life. If there is a gift you want to give someone attempting to conceive or pregnant, Quinton may be perfect.

Dr. Roy Dittmann has used Quinton isotonic and Progut sachets to help a child that had vaccine reactions; success has been repeated several times. NSAIDS, antibiotics, and vaccinations are the trifecta of autism.

Dr. Dietrich Klinghardt MD, PhD – The Synergy of Infections, Infestations, and Environmental Toxicity – (https://www.youtube.com/watch?v=ziyC_KqgIDE) – was held to the end of the event to “save the best for last”. You name the thing, and he's the guy that it all leads back to.

Still has a clinical practice; 1/3 of patients are children. In 2025, it is more likely that we will have a doomed child than a healthy child. Mineral content curve is the inverse of the rise of autism. Organic and conventional foods have no mineral differences, but organic has lower herbicides and pesticides. Metals attach to places where the body needs trace minerals but does not have an adequate amount. Quinton is a fantastic way to replace trace minerals; including ones we don't even know what they are for. Aluminum is the only element on the periodic table where there has not been any use found in the animal or plant kingdom; even mercury can be used by some microbes for metabolic activity.

In Germany, 1 in 4 children at age six has behavioral, neurological, or medical problems. In the United States, 1 in 4 children at school entry are still healthy.

The most common symptoms that he sees in his practice in adults are lack of zest, increase in insomnia, lack of creativity, increases in Parkinson's, ALS, and MS. Neurological illnesses are not increasing linearly, but exponentially.

Epigenetics – what is not healed in the past may come back to haunt you. DNA has the blueprint for metabolic enzymes that do everything that keeps us alive. 1% of genes are active at any point in time. We have 23,688 genes and 150,000 metabolic enzymes. If one gene was to code for one enzyme, there is a mismatch in the math that no geneticist has ever explained. There are still a lot of open questions; more open questions than answers.

The ASD community knows we are in deep water; one generation up from here will be far worse unless we change our ways. Even that may still not be enough to stop the freight train that we are on.

Epigenetics does not just affect us, but our children, grandchildren, and great grandchildren. Trauma from earlier generations are passed on through epigenetic changes and many parents in the ASD community had trauma; grandparents were most likely impacted by wars. The epigenetic outcome of wars has never healed.

University of Zurich exposed newborn rats for 2 weeks occasionally to stress; electric shocks, no food, cold, warm, wind-blowing noise, etc. After 2 weeks, they nurtured the rats, talked to them, etc. They all developed depression and anxiety later in their life. These rats had children and the children were treated with great love and yet they developed the same anxiety and depression as their parents. Four generations in total had the same results. Many of the depressed and anxious people we see today are the direct outcome of something that happened one or more generations back. It was shown to be epigenetic changes that were put into motion. It is how the genes are methylated that everything comes back to. People are like a time-bomb; they have normal lives until a psychiatric disorder unleashes. Autism is an early onset of that and may be due to epigenetic changes from past generations.

Eric Richards at Washington University in St. Louis did a similar study and found a single negative experience was enough to permanently disable the receptor on the hippocampus for life and was passed to every later generations. Family Constellation work can help to change this.

In terms of methylation, mercury toxicity informs MS SNP to run the cycle to make more glutathione. This leads to a high turnover of methyl groups; if there are not enough methyl groups available, they are taken off of the DNA. This unleashes viruses such as EBV, HHV-6, oncogenes, etc. Feeding the system with methyl groups is in general a good idea. Dr. Klinghardt gives everyone DMPS to address the toxins that impact the cycles. He tests the cofactors with muscle testing and gives those that test. Dr. Cowden comments that the CBS mutation defect leads to an upregulation and if you take the lead away, the defect gets worse. Dr. Klinghardt feels the only way out is the way through. Dr. Klinghardt is not good as the psychic stuff; needs the patient in front of him. The future of medicine is some kind of energetic testing. Dr. Cowden mentioned that DNA both produces and receives photons from adjacent cells. Junk protein tells adjacent DNA to make more protein or not. There is a lot of beautiful redundancy in the genome that we have not fully touched.

Intrauterine trauma – when the fetus is exposed to chemical toxins like mercury, glyphosate, etc., it leads to decreased fertility. These changes are passed on for generations until the family line dies out. This is looking at fertility, not health, but is the same as your Chronic Fatigue Syndrome, your Lyme disease, and other illnesses. Emotional changes in the womb lead to changes and psychiatric illnesses. Emotional stress of the mother or father, smoking, stressed, alcohol, environmental toxins, and infections of pregnant mom are more likely to have a child with asthma.

Dr. Cowden mentioned the EVOX and felt that you can get enough help for the child by working on the parents. 1/3 of the time you have to go back to the parents; 1/3 of the time to the parents of the parents; and 1/3 of the time beyond that. Homeopathy or frequency therapy can be helpful for addressing miasms.

Family Constellation, acupuncture, homeopathy can change epigenetics that would otherwise roll forward, accumulate, and get worse. Thanks to Amy Yasko, if you manage to treat the person, it may be like an exorcism for the epigenetic freight train that otherwise rolls forward and may stop the progression for their children and future generations. Dr. Cowden mentioned that you can screen several hundred miasms with EAV.

Effects of prenatal infection or inflammation on brain development study – infection in the womb is common and leads to permanent neurodevelopmental changes. The freight train rolls forward until it is interrupted. Autism is Lyme acquired in the womb to an asymptomatic mom; period. Glyphosate, metals, vaccine trauma, etc. eventually lead to the breaking point. 80% of ASD kids have Lyme. Stress in the womb changes coagulation and leads to

stroke, heart attacks, and chronic infections in adulthood. Autism is caused by an infection acquired in the womb. Quinton water given during a pregnancy may help to address epigenetic issues; 3-4 vials twice a day.

Schistosomiasis is rampant in this country and is not acknowledged. It is a huge cofactor in autism. Treatment of Schistosomiasis has led to more leverage in ASD treatment in the past 2 years than anything else.

David Barker created hypothesis that illnesses in adulthood very often have their origin in utero; either in the mother or generations prior. High blood pressure, stroke, heart disease, diabetes type 1 and 2. Known as “Barker Hypothesis”.

When dealing with autism, vaccines, etc., these are relevant issues but they are the straw that broke the camel’s back, but there is a preload in terms of epigenetic changes. The older the father, the more epigenetic damage. The father or mother brings something to the table that is not unlike an exorcism when it is healed. Dr. Klinghardt shared a story of a 6 year old non-verbal child; he injected the C-section scar of the mother and the child said, “Mom, can we go now?” Dr. Cowden shared a similar story about a child who had a grandfather that had killed someone; the grandfather privately shared that he had killed someone and had never told anyone. He went to the grandson’s bedside that night and told the story and the next day, the boy spoke.

Dr. Cowden reminded us of Pottenger’s Cats – gave a bad diet to cats and they became ill. Then gave a good diet and they got better. While they were ill, they had ill kittens, but they became well with a good diet. The kittens of the kittens did not, however, get well even with the healthy diet.

Dr. Klinghardt requires his patients to reduce EMFs. Damage to cell walls, mitochondria, intracellular proteins, and DNA are cumulative from all sources. WiFi, cordless phones, cell phones, cell towers, radio and TV broadcast, ambulance and police wavelength, and smart meters. Genotoxic, neurotoxic, immunotoxic, and more. There has been an exponential increase in exposure to microwaves. Crucifix of some churches house cell phone towers.

There was a study done by 17 y/o kids that put watercress sprouts close to a WiFi router and further away and showed significant difference in what grew. The WHO indicated in 2011 that EMFs can be possibly carcinogenic; same category as smoking and asbestos. EMF fields disrupt immune function and can lead to inflammation and allergies. EMFs are a form of mass suicide.

Stephanie Seneff suggests that autism is related to glyphosate. It is a miracle that there are still normal children. The question is why are some children still coming out well against all odds?

Exposure to wireless or cordless phone in the home causes severe and permanent damage to our proteome. It gets at the core of what makes us alive and changes that. Environmental toxicity impacts are cumulative and are passed from one generation to the next. By 2025, there will be no more healthy children.

The cell phone industry is four times stronger than the pharmaceutical industry. Wireless technology causes inflammation and allergies. Fatigue and sleep disturbances are the most common symptoms correlated to the distance from the cell phone tower. Cell phones in the pocket decrease testosterone and cripple eggs in the ovary for generations to come. There are 6,000 to 12,000 pulses per day from smart meters. They are dumb meters, not smart meters. EMFs open the blood brain barrier to allow toxins into the brain. The barrier is not completely formed until 18 months old; toxins from the mother and the breast milk or food enter directly into the brain and usually stay there for life. <http://www.powerwatch.com>

Get rid of all wireless technology. Switch off the fuses for electric fields. Use Stetzer filters for daytime reduction; dirty electricity. At night, sleep in a sleep sanctuary; silver-coated cloth that reduces incoming EMF significantly. The sleep sanctuary requires that you switch off the fuses at night; otherwise, it can work as an antennae for ambient electric fields. If you have neighbors underneath you, you also need to shield beneath the bed. The silver-lined cloth does not protect from geomagnetic/geopathic stress. Fuses must be off unless someone is on a breathing device that depends on electricity or if you have an aquarium; suggest getting rid of the aquarium.

Dana mentioned that the effect of the Stetzer filters is cumulative. When you put in several of them, they reduce the reading cumulatively. They can make a sound, however, that is annoying to kids on the spectrum. Put the filters away from where the child is. Vicki Warren talks about using grounded surge protector strips.

Stetzer filters are a physics-based solution that has been proven; children recover faster with it. Dr. Cowden mentioned that it is best for the child to play in a room where there is no electrical flow at all. Shielding paint on the outside of the house and shielding curtains can be helpful; but then you also need to not have devices creating EMFs inside or it could amplify the effects. The 2.4 GHz technology is bad for health.

Pesticides and Insecticides – this is a huge issue in autism. Study from Mexico showed the impacts of pesticides on children via drawings that they made. The 5 year old boys were on the same developmental level of 4 year old girls. There is a devastating synergy between testosterone and environmental toxins in boys. Boys have a 15-20% lower IQ than girls by the time they attend college. 60% of the mom's body burden goes to the first born child. If the first born is a boy, you are out of luck. Glyphosate has a negative impact on the body; it is insidious and manifests slowly over time as inflammation damages cellular systems throughout the body. Stephanie Seneff linked autism to glyphosate; she is a professor at MIT (<http://people.csail.mit.edu/seneff>). It initiates a cascade of events that we call autism. In countries where there is no glyphosate, there is virtually no autism. Glyphosate should be banned. Dr. Klinghardt mentioned it is easy to detoxify glyphosate with the use of Laser Energetic Detox (LED). Glyphosate has taken the number 1 spot in recent research and in their patients.

Environmental Working Group tested 10 newborns and found a minimum of 167 chemicals. The womb of the woman is now a soup of toxins. Polyaromatic hydrocarbons, mercury, dioxins, PBDD/PBDFs (flame retardants), PFCs (perfluorinated chemicals), etc. are all found in newborns. Breast milk is so toxic that you cannot dispose of it in the toilet legally. ½ the weight of bottled water is phthalates that leach into the water. There is a panel from US Biotech called Environmental Pollutant Panel that runs about \$150. Sophia Health Institute has a preconception healthcare program to help address issues before the pregnancy occurs; creates a healthy and nurturing womb and health-bringing breast milk.

Eliminating pesticides, phthalates, BPA, wood preservatives, and petrochemicals consists of: BioPure Deep Purple (acai, pomegranate, plum), BioPure Rose Hip, Vitamin E, Glycine, Selenium, homeopathic urine, BioPure ZeoBind with chlorella or MicroSilica.

The best homeopathic detox agent is urine. Uses the H dilution system which is “hexa” and is 1 part urine to 5 parts water. The dilution that often tests is from H6 to H12. The highly sensitive often start with the H12, and go lower as they get healthier; H6 is for healthier. Most kids on the spectrum start with an H9 or H10; else start with H12 for 10 days and then move to H11. You may get fevers, vomiting, and other symptoms and have to back off. It may take 2 years to get to an H6.

Aluminum has emerged as a major overlooked factor in autism and chronic illnesses. Glyphosate is a chelator that binds aluminum in the GI tract and drags it to the brain. Without aluminum, glyphosate would not be as toxic as it is. Aluminum and mercury have a synergistic effect. Inhaled aluminum has no barrier to get into the brain. Eating aluminum is only a problem with glyphosate. Detoxification of aluminum is one of the biggest factors in reducing inflammation in the body. hsCRP, TGFb1, C4a, C3a, etc. all start to come down.

Hepatitis B and Tetanus vaccines still have mercury; most still have some traces of mercury. Doing Hepatitis B with other vaccines is a bad idea as you then have mercury and aluminum which have a negative synergetic effect. Christopher Exley is an aluminum researcher that has looked at impact of aluminum on Alzheimer's. HPV vaccine as aluminum in it. Detoxing aluminum is king in Chronic Fatigue Syndrome.

Dr. Cowden mentioned that chemtrails have massive amounts of aluminum and most major toothpastes in the United States have bauxite which is aluminum. Dr. Klinghardt suggested that eating aluminum is far less

devastating. There is not a single safety study on the use of aluminum in vaccines. Autoimmunity and inflammation may be associated with aluminum. Mark and David Geyer have published papers on vaccinations.

Toxin apheresis can help to remove inflammatory cytokines, organophosphates, heavy metals, etc. The filtrate stinks like poop and “looks like something the dog brought home”; it was in your blood before. They often find aluminum, strontium, and barium. Aluminum does not show up in urine, poop, or hair tests; it is locked in the system. In 120 cases, aluminum was 100 times higher than the next highest metal level. 8-9 autistic children had 300-400 times higher aluminum than the next metal. There has been too much of a focus on mercury and lead and not enough of a focus on aluminum. Aluminum, barium, strontium, mercury, lead, plastic; whatever goes up must come down. Nanoized aluminum in Norway is found in soil and in plants.

Study – Aluminum nanoparticles can elicit a pro-inflammatory response and thus present a cardiovascular disease risk. Aluminum oxide nanoparticles decrease the expression of tight junction proteins and brain vasculature; alters mitochondrial function. Aluminum has been found inside the mitochondria; Acumen Lab.

Detoxification of aluminum is with malic acid, succinic acids as an alternatives to Desferal. Lemon water throughout the day. Horsetail tea with reverse osmosis water; with 6 pipettes of cilantro. 600 mg magnesium malate at bedtime. Silica is the main ingredient to remove aluminum from the brain. BioSil is a liposomal silica that they often use. Homeo K-MERC, ZeoBind, chlorella, MicroSilica can be helpful. Getting aluminum out of the system is not that difficult; takes 5 years to get levels significantly down. The lemon juice, silica, and magnesium malate are fantastic tools. Taking cilantro before a foot bath can be powerful. Giving cilantro tincture before a footbath and collecting urine afterwards increase output many times; you have to look in the urine, not the water in the footbath.

Dr. Shade looked at foot baths and looked at the blood; blood levels of inorganic mercury increased 30-50%, methyl mercury 20%. Mobilizes metals from the extracellular matrix; really consistent.

The focus has to shift to aluminum; there is not a single lab in the United States. You have to assume that it is there if you are breathing; everyone is loaded. Unhealthy kids are the ones that cannot excrete it and they need the most help.

Robert Slovak mentioned that silica exists in the ocean primarily as orthosilicic acid polymerized by algae called diatoms; polymerizes to biogenic silica. Dr. Klinghardt suggested that we need the orthosilicic acid version.

For parasites, there are no reliable labs. Vectors are pets, sex, mother to child, husband to wife, kissing, rivers, drinking water, and food. The detection rate is less than 1%. Intestinal worms impair mental performance all the way to autism.

[PLOS Article](#) – 11 nuclear weapon states have debilitating parasitic and infectious diseases. These impair child physical and intellectual development, pregnancy outcomes, and worker productivity. “Nuclear Weapons and Neglected Diseases: The “Ten-Thousand-to-One Gap”. In another study, Orthodox Jews were found to have pork tapeworm cysts even though they don’t eat pork. Papers suggested that parasites are in lower income areas, but the truth is that they are everywhere.

Parasites includes Schistosoma, Strongyloides (Necator americanus), lungworm, whipworms, roundworms, rope worms, and more. Schistosomiasis can lead to muscle weakness, abdominal pain, swelling, shortness of breath, coughing, seizures, and paralysis. Lots of children with autism have Schistosomiasis. When the kids are treated, there is dramatic improvement. Biltricide is the approved drug. They are known to live in the bladder; suspect with frequent urination or holding of the bladder. There may be some effect with chlorine dioxide enemas. Dr. Cowden mentioned that they also go to the kidneys and liver.

Rope Parasite – don’t know what this creature is; an adaptation to something happening in the gut. It was sent to labs in the United States and was reported to be mucous, food residues, and shed gut lining. DNA probing in

Germany said it was parasite DNA; a Russian lab said it was “rope parasite”. It is likely a biofilm community of various things living in there. The patient is better off with the thing out than in.

Parasites are sinks for pollutants within their hosts. Some parasites are able to reduce the pollutant levels in tissues of their hosts. Lead in the parasite was 106x higher than in the host tissues; cadmium 119x. In another study, lead was 289x higher. Worms extract metals from the host. Parasites are not our enemy but an indicator of an ever increasing toxic environment. They may be a last rescue effort to try and save us.

In biology, parasites are used as an indicator of biopollution of a body of water. You collect whale poop; the more parasites that are found, the more toxic the body of water is. Parasite burden in children is a last ditch effort to save their life; we grow parasites, but at a cost. They suppress the immune system. It is both attractive and dangerous to get rid of the parasites. Aluminum was 228x higher in the rope parasite, lead 72x, zinc 62x, and magnesium 94x. The rope parasite may be the last resort to deal with chemtrail poisoning. Lung and colon meridians are linked; when something impacts the lungs, it comes out in the colon.

For parasite treatment, we have to stop behaviors and supplements that feed parasites; anything you take orally first feeds the parasites before it feeds you. Establish metal detoxification and mineral replacement. Enema (coffee or water) and suppository protocols daily for 18 months’ BioPure NEXUS suppositories helps to clean liver, bile ducts, and small intestine. Repeated antihelminthics such as liposomal artemisinin, CurcuSyn (curcumin and ginger), Mimosa, chaga, freeze dried garlic, Simon Yu Protocols, Sputnik, PEMF. It is best to try and get parasites out whole to avoid dumping toxins back into the system. Never attempt to kill parasites if not pooping. SuperGoodStuff Clean As a Whistle can be helpful to get things moving. Start with the lower impacting parasite remedies first. You can release too many environmental toxins back into the system leading to an inflammatory and auto-immune response and release of toxic metals if you start with stronger options first. Suppositories, Clean As a Whistle, water enemas with salt and chlorine dioxide enemas. Ginger is a natural anti-helminthic drug. Threadworms and hookworms respond to Mimosa.

For Lyme, Babesia, Bartonella, Mycoplasma, and worms, Chaga is Dr. Klinghardt’s favorite medication for the whole group of illnesses. Alinia and Albenza are the last steps and they cross the blood brain barrier; fantastic results with seizure disorders in kids. Enemas until nothing comes out, then natural antiparasitics, then medical antiparasitics, and then Alinia and Albenza at the far end; dramatic results in autism. Most effective way of dealing with it.

The Gubarev Protocols are easy to do and absolutely beautiful for the children; they keep you busy for 4-5 hours a day. Whole milk with salt; parasites love milk and come out to drink the milk and cannot smell salt; salt sucks the water out of them and they come out as a whole. 4 days later is a baking soda and water enema then if nothing comes out, you move on to boiled eucalyptus leaves and eucalyptus oil. Last one is vinegar and water to get out the fecal stones which are the breeding place. It is the most valuable day of the life in the children.

Dr. Klinghardt likes chlorine dioxide, but does not use it orally. From the bottom up, he finds it very helpful, but there are better things you can do from the top down. Oral CD is a mistake. As an enema, it is reliable and simple. He does not use Mebendazole; weak antiparasitic. Does better with the herbal variations and then moves to stronger antiparasitics. Biltricide is also a fantastic biofilm breaker.

Parasites thrive in metal contaminated environments. Uses BioPure Metal Sweep and high dose silica with chlorella, zeolite, alginates, chitosan. Only uses activated charcoal for emergencies. DMPS and DMSA are helpful for mopping up tissues; do not cross blood-brain barrier. To mop up the brain, D-Penicillamine, NAC, glycine, DL-Methionine. Freeze-dried goat whey has all the amino acids in perfect composition for detoxifying. Chlorella in the gut and goat whey for connective tissues. Metal-enriched parasites cannot be eliminated by our immune system. Parasites modulate the immune system and we become inflamed; TNFa, TGFb1, IL-6, hsCRP. You must work from both ends of the body and support radical detoxification.

Oral lipoic acid can be used by the parasites as a protective agent; oral antioxidants protect the parasites against the oxidation intended to kill them. With liposomal delivery, it is absorbed long before it gets to the parasites. Dr. Shade mentioned that you can use liposomal products topically in some cases. Liposomal C or liposomal glutathione may be effective topically.

Getting mercury out is a life-long job; it is in the air. Mercury toxicity testing via urinary porphyrins using labbio.net; pretty good test. Uroporphyrin represents aluminum toxicity; precoproporphyrin represents mercury; coproporphyrin represents lead. Does not like to use IV anything in children; liposomes have replaced IV. Curcumin is a very potent tool to protect against mercury poisoning; almost everyone should be on it.

Only 25% of people with Lyme get a bulls-eye rash. [Judith Miklossy](#) showed the connection between spirochetal infections and Alzheimer's disease. There is no illness more similar to autism than Alzheimer's in terms of the pathology of the brain. 80% of our kids with autism have Lyme in the brain. Kids with Lyme disease become bioaccumulators of toxins and as a response grow parasites. He starts with the toxins and parasites and ignores the Lyme for at least 2 years; Lyme treatment is an afterthought at the end. NutraMedix products are fantastic for children. There is no autism without Lyme spirochetes and significant toxin accumulation. If the autism has been present for a year or two, there is no autism without parasites. The focus on the genome is overrated; proteome underrated.

Start kids on detox program which involves correction of methylation disorders being cautious with oral administration of things that feed parasites. Oral taurine, glycine, B vitamins are never done without an antiparasitic whack at the same time. Focus is on the rectal delivery of antiparasitics and other medications. Last step is the treatment of Lyme. Once you dismantle the house around the intracellular infections, they become treatable. The injection of artesunate is a useful tool. Lyme treatment at the end of treatment.

Developed Klinghardt Cocktail which is liposomal antiparasitics and antimicrobials; has been a huge success, though doesn't taste very good.

Apheresis is not available in the United States; available in Germany. If the child has good veins and is 7 or 8 years old, it can speed up the recovery tremendously.

Rectal ozone is a stronger oxidative agent than chlorine dioxide. Very good results. Something unique to chlorine dioxide that ozone does not have; CD may be a redox balancing molecule. CD may diffuse into biofilm; ozone may be weaker than CD. Ozone is often done first and CD later. CD is not done forever; maybe every other day for 10 days; pause and repeat. It is a mistake to do the same thing every day for years. Ozone does not produce parasites to the same extent as chlorine dioxide. Before ozone, enema or high colonic is done first, then ozone, then another enema or colonic and then parasites are often seen. Kids improve on CD even when nothing visible is coming out; what comes out is not the ultimate goal of the procedure.

Enemas deplete butyrate; smell of rancid butter; important for brain development. Sodium phenylbutyrate may be used orally at 500mg three times daily in adults; it is an RX drug; great to feed the brain as well. The problems with CD are often related to depletion of folates and butyrate.

According to Dana, magnesium, phosphorous, potassium can be depleted in kids that crash on CD. Allergy Research had CoRectal vitamins but they are no longer available. For mercury and lead, Chlorella pyrenoidosa is best; can be harsher on the gut. Butter oil rectally may supply butyrate; rancid butter has more butyrate. Need whole butter to go rancid. Dr. Cowden mentioned that butyrate salts are available. Butter oil may help to support Bifidobacteria according to Roy Dittmann's wife.

When you treat parasites, you want the worst diet – gluten, dairy, etc. The shi**ier the food, the more the parasites are seduced; it serves as bait. If you feed a diet that makes the worms happy, you feel better for awhile before the worms take over. A diet that makes the worms unhappy will make the person unhappy for awhile.

Diatomaceous earth as an antiparasitic may be overlooked but does appear to deplete SIgA; don't use for long periods of time. It has a high amount of silica and is a good aluminum binder. Twice daily for 5 days on; 2 days off; 1 teaspoon. Used only for a few weeks. Need to be careful not to breathe the dust of the diatomaceous earth.

Remedies that treat fungi and yeast also largely impact parasites and may lead to side effects. It is better not to back off too much if generally tolerating; leads to permanent higher ground. Drainage remedies may be needed; the main drainage remedy is enemas.

Chlorine dioxide enemas – one lady was doing three enemas per day and was as a result able to work full time; it would be a mistake to stop that. The thing is reproducing faster or the same that you are getting it out. You may need to consider additional tools. Step up the oral antiparasitic program dramatically to reduce the need for the enemas. Large doses of Ivermectin or Gubarev protocols may be helpful.

No matter what it takes to get the child to poop, it is critical. Serotonin is the main neurotransmitter for pooping. Drinking is also a key but is a mixed bag. If you drink water without minerals and electrolytes and pee out minerals and electrolytes, you have a net loss. Natural thirst is elicited by having enough minerals. For adults, add enough minerals until slightly salty. Load every drink with trace minerals and electrolytes. Dr. Klinghardt suggested that adults should add enough electrolytes until it has a slight salty taste. Robert Slovak noted that one should not exceed 250mg of electrolytes per liter when drinking large amounts of water.

Organ support means liver compression technique, lymph drainage, drainage remedies, etc. In terms of body temperature, wakeup temperature under the armpit should be between 97.8 and 98.2. If it is lower, he may try iodine. Some need iodine; some iodide, potassium iodine. May give selenium to help convert T4 to T3. Never give tyrosine; it is a favorite food of the parasites. Low tyrosine is a sign of parasites. Thyroid hormone may be needed to get the temperature up if those don't work.

Improve digestion with HCl and enzymes. Food allergies change from week to week. Coca Pulse test is helpful; eliminate the stressing foods for 2-3 weeks. There is no food allergy test you can do often enough; it changes week to week.

Start vitamin-based oral program and see what happens; using a Titrated Therapeutic Trial (TTT). Often, depletion of vitamins and amino acids is an adaptive response of the organism; adding them back may be the wrong thing to do. Bring in the antiparasitic regime prior to doing a TTT.

Sunlight is important beyond just the creation of Vitamin D. Helps with supporting the immune system and addressing microbes. During sunrise and sunset, the light has special healing qualities. Don't go outside on days where there is obvious chemtrail activity.

Address fear and attachment to the outcome. This is usually the mom and dad; need to treat the parents in addition to the child. Moms are all in PTSD from living with an ASD child. Children improve when the mothers improve. Dr. Klinghardt works early on with the mother; spends 20 minutes with the child and the remainder of the hour with the mother. It is difficult to get rid of parasites if the mom is also hosting them. The parents should undergo the same parasite treatment as the child.

At regular intervals, back off of the treatment and see how the system self-regulates. Every protocol should have a natural endpoint. The goal is to get the system to self-regulate. At regular intervals, step off the gas pedal. Nothing works if the child is sleeping on an EMF-contaminated environment. EMFs and glyphosate supersede everything else. Bacteria can make a new gene in 2 days; takes 25,000 years for a human to do the same. Organisms adapt; our treatment approaches must also adapt.

In a detox protocol, you may start seeing things you don't like. The response needs to appreciate the cause. There is a myth that when you take DMSA, DMPS, or EDTA, that it must be a mineral deficiency. This is not true. You are interfering on a deep level with basic biochemistry and there will be shifts on a thousand wheels; may need to

throttle back and rest as needed. May need to consider adrenal support; possibly small dose cortisol. Adrenals, hypothalamus, and pituitary are most susceptible to biochemical shifts; 2.5mg cortisol four times daily.

People with KPU are often pale, look like they are anemic even though the blood test is ok. Leading deficiencies in KPU are zinc and B6. KPU is pretty reliable; most kids with ASD have KPU. Consider TTT.

Raging can be related to hypoglycemia. Banana at bedtime can be helpful. Most common cause of nighttime waking is EMFs. Metals are an antennae for electrosmog. During metal detox, if you underdose, you get an increase that makes children a living antennae for EMF. When you are electro-sensitive, you may become hypoglycemic. Switch off the fuses; it's free; do a six week trial.

MCT oil works well for constipation. When doing detoxification and getting runny poop, Arsenicum album 30C will usually fix within hours. If runny poop is smelly, back off the fats and oils. If not smelly, recirculating biotoxins triggered by the detox may represent a need for binders; activated charcoal for 3-4 days.

Poop color; brown is from bilirubin breakdown in the bile. The darker the poop, the healthier the bile flow and the less congested the liver. The lighter the poop, the less bile and the more congested the liver. Liver Compression Technique may be helpful. Cholagogues such as dandelion leaf or root or globe artichoke (the main thing that drains the bile from the liver). The more the poop floats, the more the fats are undigested. If it floats and is light, there is not enough bile to emulsify the fat. If it is dark and floats, the pancreas may not be making enough lipase and enzymes may be needed.

When the full moon leads to aggression, there is a build-up of dying worms and build-up of ammonia. CurcuSyn and turmeric at night; feeds the BH4 cycle to handle the ammonia. Isotonic enema. Constipation is the main enemy of any treatment protocol. If it is a neurological problem, there may not be enough neurotransmitters in the gut to move the bowels; this is related to dysbiosis. Sign of Giardia, amoebas, Clostridia, Klebsiella, etc. If the cycle is with the full moon and new moon, this shifts the suspicion to larger parasites. In women, could also be hormone related and not parasites. In children, focus on parasites and ammonia (ZeoBind). Zeolites can be a double-edged sword; they can leave behind some aluminum. Nothing as good for ammonia binding as a zeolite. Zeolite does not tend to constipate; extracts what is causing the constipation. As a laxative, may also need Clean As a Whistle or Magnesium Oxide. Between moon for constipation, Dana likes the Light Relief.

Fever is a double-edged sword. Raising the body temperature is the way the body detoxifies and kills viral load. Intracellular detoxification and reduction of viral burden is enhanced with fever. The downside is that 1 in 1,000 cases of fever could represent meningitis or encephalitis of bacterial nature and then it is a mistake not to lower the body temperature. There may be a stiff neck or extreme pain in the neck or back of the head. If there is fever with severe headache and high WBC, then you have to be on an antibiotic and take it seriously. Socks and cold pack don't prevent meningitis; they prevent the fever from going up and you are losing a precious tool. Homeopathic Arsenicum album 30C, Belladonna 20X/30X/30C can prevent bacterial infections from impacting the brain. Very comfortable with 103F fever; 104F needs to consider going to the ER; especially if there is a stiff neck, headache, etc. Fever can be a great tool to lower viral load, but there is risk attached to it. Meningitis may lead to becoming deeply sleepy with trending fever up and somnolence. If the fever is trending down, they may be healing. Doing the homeopathy does not reduce the benefits of the fever.

When red ears and red cheeks are present chronically, this could be untreated parasites; high eosinophils and lymphocytes. Telltale sign of parasites in the gut. This could also be an acute allergic reaction.

With rigidity, think minerals. Epsom salt baths are the Holy Grail. Epsom salt enemas may be fantastic. Seizures are built-up electrical activity. With psychiatric patients, one may have a seizure followed by long periods of normalcy; built-in electroshock therapy in many cases. In kids, seizures are a sign of undetected larval stages of parasites in the brain or a cross-reaction of parasites with the brain. Best treated with antiparasitic protocol long-term. CBD oil can help to calm seizures. CBD alone is not enough takes some THC. Seizures do not cause long-term damage; this is a wrong assumption. Valium may be helpful for individual seizures. Glycine and taurine or

liposomal GABA may help calm and stabilize the brain. Getting metals, parasites, viruses, and Lyme out of the brain is what cures this. Parasite protocols may lead to a seizure or two.

Scott Forsgren – Top 10 Lists – (https://www.youtube.com/watch?v=Z1lx_VlDmcc) – gave a short talk on some of his Top 10 Lists.

Top 10 Mold Tips

1. Always check HLA DR Status (LabCorp) to identify genetic predisposition to mold biotoxin illness
2. Evaluate other biotoxin illness markers such as TGFb1, C4a, MSH, MMP9 (some feel that higher C4a > 10,000 may correlate with mold exposure), VIP, ADH/Osmo
3. If HLA DR = mold or multi, always run Mycometrics ERMI (<http://www.Mycometrics.com>)
4. Consider RealTime Labs Urinary Mycotoxin testing after FIR sauna and Glutathione challenge
5. If Mycometrics ERMI or RTL Urinary Mycotoxin tests are positive, identify and remove the source of exposure (could be home, work, school, car, etc.). Ensure ERMI is clean. Also have shortened panel called HERTSMI-2.
6. Consider colonization of mold/fungal organisms as an internal mycotoxin-producing factory. Read [Townsend Letter July 2014 article](#)
7. Implement binding and supportive protocols – Cholestyramine, Takesumi Supreme, Cholestepure, ZeoBind/ZeoLite, Chlorella, Pectasol, Liposomal Glutathione
8. Treat systemic colonization – Sporanox, Voriconazole or other RX systemic agent, Beyond Balance MYCOREGEN, Byron White A-FNG, etc.
9. Treat sinus colonization – atomized Amphotericin B/Mupirocin/Xylitol, silver sprays, propolis spray, GSE spray, Happy Sinus with Silver, Physician's Standard Nasal Clear, SyFungin, etc.
10. Many may benefit from considering Shoemaker's work which includes Cholestyramine, MARCoNS treatment, VIP nasal spray, and more

Top 10 Favorite Products

1. Binder – Takesumi Supreme
2. Detoxification Support – Sacred Medicine Manjistha Tincture, Xymogen S-Acetyl Glutathione or Researched Nutritionals Tri-Fortify Orange or QuickSilver Therasomal Glutathione, Heavy Metals Detox
3. Drainage – Pekana RENELIX/ITIRES/MUNDIPUR, Syntrion SyDetox
4. Immune Modulation and Support – IRM and Viralox PRP sprays
5. Immune and Detox Support – Beyond Balance, BioPure, Maypa Herbals, Supreme Nutrition
6. Overall Support – BioPure Siberian Chaga, Supreme Nutrition Morinda Supreme
7. Inflammation – LEF Cytokine Suppress, LEF Advanced Bio-Curcumin® with Ginger & Turmerones, IRM spray, DesBio Liposomal Curcumin and Resveratrol
8. Essential Oils – Well Scent (Balance, Watch Your Mouth)
9. Supportive Tools – Biomat, MAS PEMF, UltraSpa
10. Minerals – Morningstar Energy Boost 70, The Core (KPU)

Robert Slovak shared that humic minerals may have polyaromatic hydrocarbons which may be detrimental.

Top 10 Things You May Have Missed

1. Emotional Contributors
2. Mold
3. Parasites
4. Pesticides and Chemicals
5. Heavy Metals
6. EMFs

7. Coinfections – if you think you don't have them, look again! Babesia and Bartonella are almost always present in Lyme.
8. Opportunistic Infections – Mycoplasma, Chlamydia, viruses, etc.
9. Dental Issues – cavitations, root canals, amalgams
10. Identifying too much with the illness; letting it become you